

# Parks and Recreation Programs

2024-2025

Connecting People to Health and Wellness

Para información  
disponible en español,  
escanee los códigos QR  
o visite  
[Reno.Gov/ParksandRec](https://reno.gov/ParksandRec)



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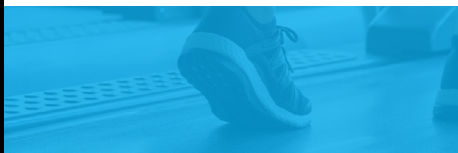
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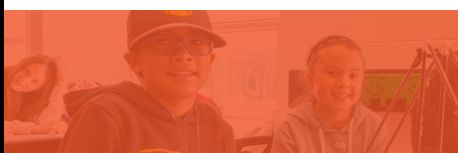
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Scan or click on the QR Code to **Register for Activities**

## Message from the Parks and Recreation Director

As you can or will see, we have a new format for the new year. Our goal is to offer an annual comprehensive guide that not only highlights upcoming events but also showcases past activities. The new layout provides more images of our friends, family, and neighbors getting involved and gives you the info to get you connected for the next session. Take a good look and discover activities and ways in which you and your family can engage.

Over the next year Reno Parks and Recreation will share more ways to connect and we are doing so in even more places. Plumas Gym and McKinley Arts Center will begin hosting daytime programming for everyone, but with a focus on Seniors and stay-at-home parents with small children. We'll also increase availability at the California building in Idlewild Park which now has, if you can believe it, heating and air conditioning! Of course, the biggest thing to come to Reno Parks and Rec this year will be the brand-new William M. Pennington Moana Springs Community Aquatics and Fitness Center opening in late Summer of 2024. So, lots to do in lots of (new) places.

We're also expanding our offerings for popular and essential programming like swim lessons, before and after school care, and break camp programming. Currently, our swimming lessons fill up in minutes leaving some of our youngest swimmers without the opportunity to learn. We hope to expand our offerings

significantly this year, coinciding with the opening of the new pool in late summer. In our youth department we have a goal to move our camps out to schools so that you can drop your children off near to where you live rather than driving to one of our facilities. In both aquatics and youth programming, we're excited for the opportunity to have more space, but that is only part of the solution for these popular programs. We need more instructors to get in the water and we need more caring adults to engage with children in the afterschool and summer programs. If that's not for you, you can still be part of our team by working outdoors in a park near your own home. Working in Parks and Rec means a job that lets you give back to your community. We need you (or someone you know)!

We hope you join in this year, either as a team member or as a participant and enjoy part of what makes Reno lovable!

### Nathan Ullyot

*Parks and Recreation Director*



## Reno Parks and Recreation Commission

Commission meetings are held on the 3rd Tuesday of each month (except July and December) at 6 p.m. The meetings are hybrid - participants can attend virtually or in person at McKinley Arts and Culture Center.



## Reno City Council

Ward 4 Meghan Ebert, Ward 3 Miguel Martinez, Ward 2 Naomi Duerr, City of Reno Mayor Hillary Schieve, At-Large Devon Reese, Ward 1 Jenny Brekhus, and Ward 5 Kathleen Taylor

*Program fees are calculated based on cost recovery goals and are presented to the Reno City Council on an annual basis. Council approves the fee schedule in May of each year. The fees collected from these programs are not intended for profit. The fees cover the costs of providing necessary supplies and staff to run said programs. Fees and programs are subject to change without notice and may change after this document is published. The City of Reno Parks and Recreation Department reserves the right to make cancellations as deemed necessary and refund accordingly.*

Follow us on Social Media



Activities & Events:  
[Facebook.com/  
RenoParksandRec](https://www.facebook.com/RenoParksandRec)



Adaptive & Veteran Programs:  
[Facebook.com/RenoAdaptive](https://www.facebook.com/RenoAdaptive)  
[Instagram.com/Reno.Adaptive](https://www.instagram.com/Reno.Adaptive)



Scan or click on the QR  
code for all of Parks  
& Rec's activities &  
events on Facebook

**STAY**

**CONNECTED**



**Facebook**

[Facebook.com/CityofReno](https://www.facebook.com/CityofReno)

[Facebook.com/CityofRenoEnEspanol](https://www.facebook.com/CityofRenoEnEspanol)



[Twitter.com/CityofReno](https://twitter.com/CityofReno)



[Instagram.com/CityofReno](https://www.instagram.com/CityofReno)



[LinkedIn.com/company/city-of-reno](https://www.linkedin.com/company/city-of-reno)



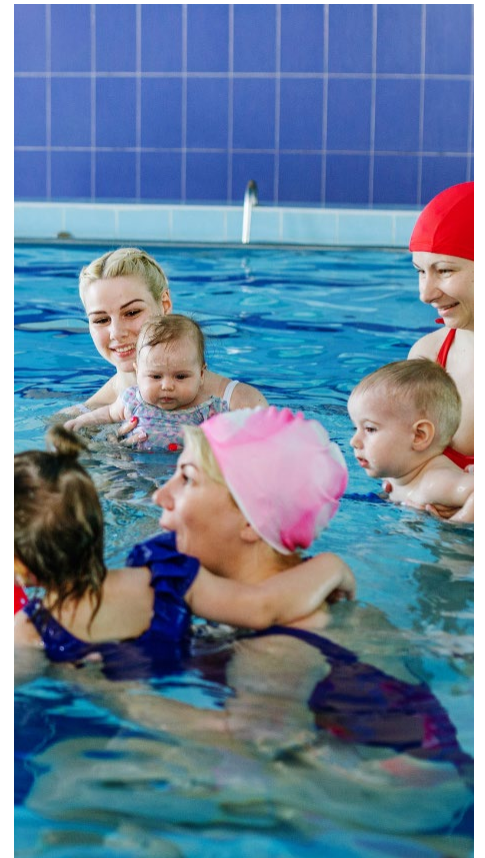
[YouTube.com/CityofReno](https://www.youtube.com/CityofReno)

View the entire City of Reno's Social Media accounts at  
[Reno.Gov/Social](https://www.reno.gov/social)





# Registration, Access for All, Scholarships and Fee Assistance





Scan or click  
the QR Code  
to **Register**

## Register in Person, Phone or Online

A Household Account form is required. You can call or download the rules and forms at: [Reno.Gov/ParksandRec](https://Reno.Gov/ParksandRec).

Registration/payment is required in advance, prior to the use of programs, services or facilities. Registration/payment is taken up until the registration deadline or when a program is full.

Requests for refunds, transfers or credits must be received on the written form by the criteria deadline.

Some programs have a registration deadline and many fill to capacity. It is advised to register early to ensure your space. Fees are subject to City Council approval and can change.

## Access for All

**Ages:** All

**Available:** Year-round

Providing accommodations to those with disabilities to participate in leisure and recreation programs, classes, and services.

Visit [Reno.Gov/Adaptive](https://Reno.Gov/Adaptive) or scan/click the QR code, a minimum of five business days prior to the program. Hearing impaired individuals can use Nevada Relay by dialing 711 for assistance.



Scan or click  
the QR Code for  
**Access for All**



Scan or click  
the QR Code for  
**Scholarships**

## Scholarships and Fee Assistance

The City of Reno is committed to providing recreational opportunities to all residents regardless of economic circumstances. For this reason, a limited fund fee assistance program is available to those who qualify.

If you have wanted to participate in our all-day camps, before-and-after school programs or qualified classes but couldn't because of financial circumstances, we encourage you to apply.

Income level, family size, and other criteria determine whether or not fee assistance is awarded. Many families that qualify for a reduced program fee are not taking advantage of the opportunity simply because they haven't asked to be considered.

### Sierra Kids and Camp Programs:

- Scholarship - Fee Assistance Application (Sierra Kids and camps only)
- Spanish Scholarship - Fee Assistance application

### Other City of Reno Programs:

- City of Reno Scholarship - Fee Assistance Application and Guideline Packet

Once you have completed an application, you may mail the application to the address below, drop it off at your nearest City of Reno recreation center or submit your application via email to [DavisN@Reno.Gov](mailto:DavisN@Reno.Gov). Upon receipt of the completed application and the required supporting documents, it will take approximately 10 business days to review a scholarship request.

City of Reno Parks & Recreation  
Administration Office - PO Box 1900,  
Reno, NV 89505

# Memberships & Passes

## Health and Wellness Pass (Annual)

*City of Reno Scholarship recipients only*

### Locations:

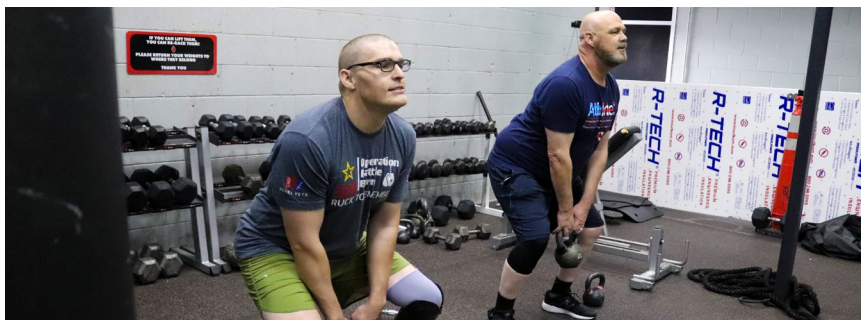
EMNECC, NRRC and TPPAC

### Activities:

Baggo, Ballroom Dance, Beanbag Baseball, Bingo, Book Club, Card Games (Bridge, Cribbage, Minnesota and Pinochle), Bunco, Conversation Café, Dominoes, Shuffleboard, Sit and Get Fit, Sunshine Quilters, Ukulele, Lap Swim, Open Swim, Open Gym (Basketball, Pickleball, Badminton and Table Tennis), and Fitness Center Workout Rooms.

### Benefits:

Combines Annual - Senior Activity Pass, Full Facility Use Pass, and Aquatics Pass into 1 pass for Scholarship recipients only. (Up to \$435 value)



## Fit but Not Forgotten

### Location:

EMNECC (Must go through the Inclusion Office)

### Activities:

Classes will be taught by a VA Exercise Physiologist or City of Reno Certified Fitness instructor. New sessions start at the beginning of each month. Classes are taught in the weight/cardio room and memberships include Yoga, Tai Chi and Water fitness.

### Benefits:

Ideal for disabled veterans and members of the Armed Forces. Veteran must be eligible for VA Healthcare.



## Insurance Partnerships

*Customers must verify eligibility to receive access card*

### Locations:

EMNECC, NRRC, TPPAC

### Activities:

Entrance fees covered

### Benefits:

Partner with insurance providers Tivity, United Health Group and American Specialty Health to provide access to City Recreation Centers.



## All Recreation Centers and All Pools Pass

**Age(s):**

Senior (60+), Adult (18-59), Youth (6-17) & Child (2-5)

**Locations:**

EMNECC, NRRC, Plumas Gym, TPPAC, Moana Pool, Traner Pool, Idlewild Pool, and Northwest Pool

**Activities:**

Fitness Workout Centers (14+), Open Gyms (Basketball, Pickleball, Badminton and Table Tennis), Activities (TPPAC), and Lap/Public Swim

**Type(s):**

Drop-in, 10 Punch, Quarterly (3 months) & Annual



## Paradise Park Activities Pass

*For Adults (18+) that only attend activities at TPPAC. Seniors (60+) should buy the "Social Activity Pass" – includes all the recreation centers for less money.*

**Age(s):**

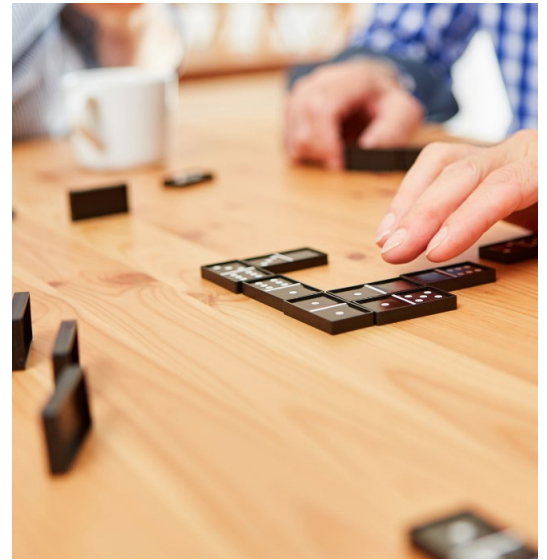
Senior (60+) & Adult (18-59)

**Location:**

TPPAC

**Type(s):**

Drop-in & 10 Punch



## Social Activity Pass

*Does NOT include ANY pool/aquatic programs, fitness rooms or open gym (including Pickleball)*

**Age(s):**

Senior (60+) & Adult (18-59)

**Locations:**

EMNECC, NRRC and TPPAC

**Activities:**

Baggo, Ballroom Dance, Beanbag Baseball, Bingo, Book Club, Card Games (Bridge, Cribbage, Minnesota and Pinochle), Bunco, Conversation Café, Dominoes, Shuffleboard, Sit and Get Fit, Sunshine Quilters and Ukulele

**Type(s):**

Drop-in, 6 months, 10 Punch, Quarterly (3 months) & Annual



# Facilities & Pools

*Pools are subject to closure without warning based on attendance, weather, emergencies, training, maintenance or safety issues.*

## **Evelyn Mount Northeast Community Center (EMNECC) & Pool**

1301 Valley Rd.

**Facility Available:** Year-round  
**Indoor Pool Available:** Year-round

**Phone:** (775) 334-2262

**Facility/Pool Rental Available**

The 40,000 square foot facility provides rental rooms for meetings of any size and family events.



## **Adaptive Cycling Center**

6800 Pembroke Drive

**Available:** May-September

**Phone:** (775) 399-0530

Our adaptive equipment rental center offers children and adults with disabilities to access our adaptive bikes. This 2.5 miles of trail and serves as a launching point to access the Southeast Connector bike trail and the Tahoe-Pyramid Bike trail with no bike transport needed.



## **Teglia's Paradise Park Activity Center (TPPAC)**

2745 Elementary Dr.

**Available:** Year-round  
**Phone:** (775) 356-3176

**Facility Rental Available**

Situated near the Paradise Park pond, this facility has acres of open space, a community garden, play areas and walking trails.



Scan or click on the QR Code for **Facility Hours, Prices & Rentals**

## Horseman's Park Clubhouse

2745 Elementary Dr.

**Available:** Year-round  
**Phone:** (775) 356-3176

The western-themed clubhouse is a perfect setting for small meetings and group gatherings.



Scan or click on the QR Code for **Pool Hour, Prices & Private Pool Rentals**



## Plumas Gym

475 Monroe St.

**Available:** Year-round  
**Phone:** (775) 334-2262

**Facility Rental:** Sports Rental Only

Hardwood court for basketball (six hoops) or volleyball with bleacher seating. Food and drinks are not allowed in the gym.



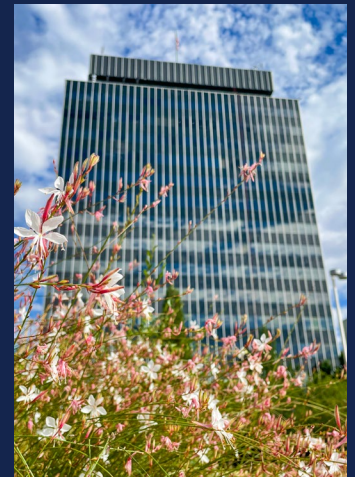
## Neil Road Recreation Center (NRRC)

3925 Neil Rd.

**Available:** Year-round  
**Phone:** (775) 689-8484

**Facility/Pool Rental Available**

The center is located in a campus-like setting with a rentable shelter at Miguel Ribera Park and can be rented in conjunction with the building.



## Parks and Recreation Admin Office: Reno City Hall

1 East First St., 11th floor

**Available:** Year-round  
**Phone:** (775) 334-2260

## Park Maintenance

2055 Idlewild Dr.

**Available:** Year-round  
**Phone:** (775) 334-2270

## Park Shelter Rentals

1301 Valley Rd.

**Available:** Year-round  
**Phone:** (775) 334-2417

## Urban Forestry

2055 Idlewild Dr.

**Available:** Year-round  
**Phone:** (775) 321-8373

# Facilities & Pools

*Pools are subject to closure without warning based on attendance, weather, emergencies, training, maintenance or safety issues.*



## Traner Pool

1600 Carville Dr.

Available: Outdoor / Summer

Phone: (775) 334-2269

Private Pool Rental  
Available

Traner Pool offers water slides and a water playground with ADA accessibility.



## Idlewild Pool

1805 Idlewild Dr.

Available: Outdoor / Summer

Phone: (775) 334-2267

Private Pool Rental  
Available

Idlewild Pool offers a 10ft depth pool, training pool, 1/2 meter diving boards, lockers, and showers with ADA accessibility.



Scan or click on the QR Code for Facility Hours, Prices & Rentals





Scan or click on the QR Code for Pool Hour, Prices & Private Pool Rentals

## Moana Springs Community Aquatics and Fitness Center

240 W. Moana Ln.

**Opens:** Fall 2024

**Available:** Year-round Indoor/Outdoor

This 52,000 square foot facility includes 50 meter indoor competition pool, multi-use indoor recreation pool, outdoor soaking pool, 5,000 square foot fitness room, locker rooms and multi-use rooms.



## Northwest Pool

2925 Apollo Way

**Available:** Indoor Year-round

**Phone:** (775) 334-2203

**Private Pool Rental Available**

Northwest Pool offers an indoor main pool, training pool, lockers and showers with ADA accessibility.



Scan or click on the QR code to view the complete list of parks, rental spaces/shelters and more information

# Parks

## Rent a park Space for Your Business!

The city now offers businesses an opportunity to rent park space for your business purposes! Call (775) 334-2366.

## Shelter Rentals and Fees

Each shelter can accommodate 50-200 people and comes with picnic tables and a barbecue.

## Adopt-A-Park

Get involved in the community in a way that develops pride and appreciation through stewardship.

Call (775) 851-5185 and adopt a park in your neighborhood today.



Para información en español visite [Reno.Gov/ParksAndRec](http://Reno.Gov/ParksAndRec) . (775) 334-2262

# We are Hiring

## Estamos Contratando



### Lifeguards

*Salvavidas*

### Swim Instructors

*Instructores de Natación*

### Cashiers

*Cajeros*

### Fitness Class Instructors

*Instructores de Gimnasia*

### Water Fit Instructors

*Instructores de Fitness Acuatico*

### Youth Leaders

*Líderes Juveniles*

### Day Porter

*Asistentes del Programa*

**...and many more!**

*...¡y muchos más!*

The City of Reno is now hiring 15 year olds to work in our youth and aquatics programs.

*Training is provided.*

La Ciudad de Reno está contratando jóvenes de 15 años para programas juveniles y acuáticos.

*Proveemos entrenamiento.*

We make  
**Reno more**  
than just livable. We make it  
*lovable*



Call (775) 334-2262 or [Reno.Gov/Jobs](https://reno.gov/jobs) for more information.

Llama a (775) 334-2262 o [Reno.Gov/Jobs](https://reno.gov/jobs) para más información.



# Before & After School Programs





## Vacation Station

**Ages:** 6 - 12

**Available:** Year-round coinciding with WCSD breaks

Vacation Station is a youth camp that features group games, crafts, sports, reading, free time and field trips all under the supervision of trained staff. Register online. Space is limited.

## Sierra Kids

**Available:** Year-round coinciding with WCSD school calendar

Sierra Kids is a structured recreational enrichment program for children who need a safe, supervised environment before and after school. Homework assistance is available during the after-school sessions.

Times vary according to the school site. No daily fees available. Must register for the entire semester with a payment plan.



Scan or click the QR Code for **Youth & Teen Programs, Prices and Locations**

# Activities

Scan or click on the QR codes for registration, prices and locations for each activity



## Adaptive Cycling Center

**Ages:** All

**Available:** May-September

Our adaptive equipment rental center offers children and adults with disabilities to access our adaptive bikes. View page 10 for location and contact info.

Visit [Reno.Gov/Adaptive](http://Reno.Gov/Adaptive) or scan/click the QR code to pre-register.



## Adaptive Equipment Rental Program

**Ages:** All

**Available:** Year-round

Our adaptive recreation equipment is available to rent (sport wheelchairs, beach wheelchairs, hand cycles, etc.). Affordable prices for participants to try before they buy.

Visit [Reno.Gov/Adaptive](http://Reno.Gov/Adaptive) or scan/click the QR code to pre-register.



## Badminton

**Ages:** 18+

**Available:** Year-round

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net.



## Ballet Jazz

**Ages:** 7 - 12 years

**Available:** Year-round

Students will learn basic and intermediate dance techniques with stretching and conditioning.





# Basketball



## Adult Basketball League

**Ages:** 18+

**Seasons Available:**

Spring (March-June), Summer (July-Sept.)

**Types of Leagues:** Men's

Play one night a week, 10 league games and single elimination postseason tournament for qualifying teams.



## Open Gym Basketball

**Ages:** 4+

**Available:** Year-round

Join us for drop-in basketball and have fun!

## Youth Hoops League

**Ages:** Kindergarten - Middle School

**Seasons Available:** Spring (April-May), Summer (June-July)

**Types of Leagues:** Mixed

Teams with all levels of ability will meet twice a week.



## Wheelchair Basketball

**Ages:** 18+

**Available:** September - April

Wheelchair basketball is a sport for everyone - people who use wheelchairs for mobility and people who don't.

Visit [Reno.Gov/Adaptive](https://reno.gov/adaptive) or click/scan the QR code to pre-register.



## Belly Dance

**Ages:** 14+  
**Available:** Year-round

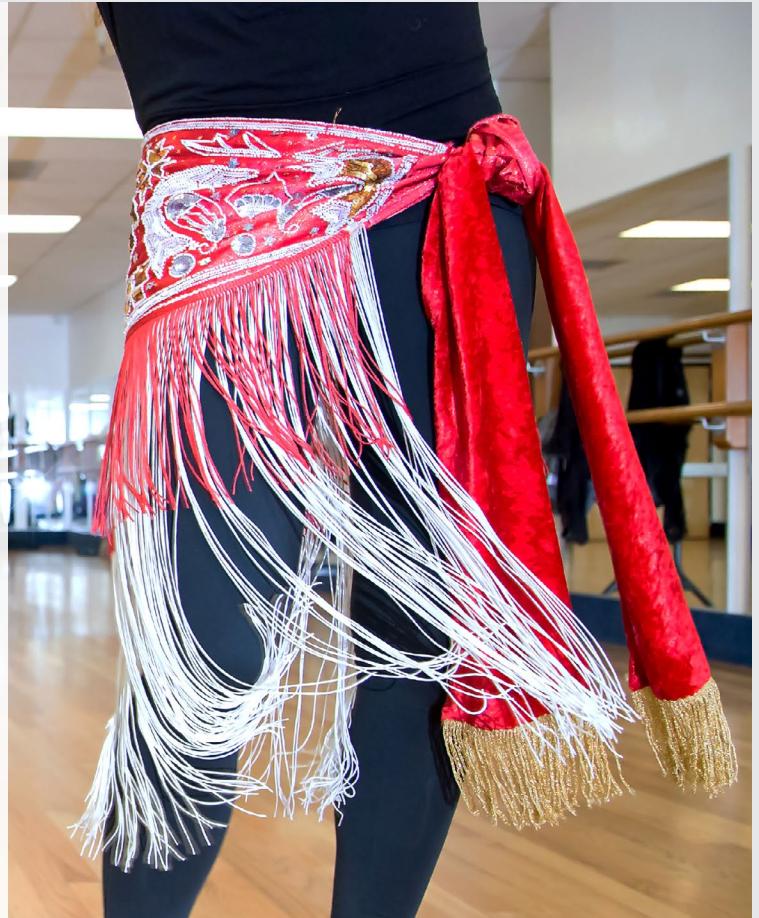


### Beginner Belly Dance

Learn the basic movements and techniques of oriental dance (Raks Sharki) during these graceful art-of-belly-dancing classes. No prior experience is needed.

### Advanced Belly Dance

This class focuses on techniques, combinations, improvisations and expressive performance skills.



## Beanbag Baseball

**Ages:** 18+  
**Available:** Year-round



Come play a modified game of cornhole and baseball at our facilities.

## Bingo

**Ages:** 18+  
**Available:** Year-round



## Bunco

**Ages:** 18+  
**Available:** Year-round



Come play this fun and easy dice game!



## Card Games

**Ages:** 18+

**Available:** Year-round



### Bridge

Bridge is a trick-taking card game that is played with four players divided into teams of two while using a standard 52-card deck.

### Cribbage

The goal of cribbage is to score 121 points before your opponent. Points are scored in the pegging and counting phases and played with a 52 card deck.

### Hand Knee Foot

A variation on the more traditionally played 'Canasta' but designed to be even more challenging. Come in and play with this entertaining group!

### Minnesota

Minnesota is a team-based trick taking card game for 4 players and played with a 52-card deck.

### Pinochle

Pinochle also called pinocle or penuchle, is a trick-taking, Ace-Ten card game typically for two or four players and played with a 48-card deck.

## Ceramics

**Ages:** All

**Available:** Year-round

Join this ceramics class and create art with acrylic paints, glazes and translucency.

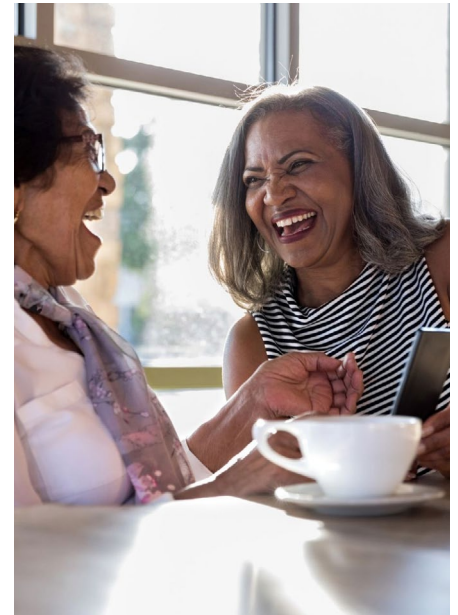


## Conversation Cafe

**Ages:** 18+

**Available:** Year-round

Conversation Café is a lively, drop-in discussion among diverse people about feelings, thoughts and actions in this changing world. Come in and share coffee, pastries and ideas as we explore a different topic each week.



## Creative Ballet

**Ages:** 3-6 years

**Available:** Year-round

Learn the fundamentals of ballet and creative dance by using imagery, props and basic dance steps.





## Dance Club

**Ages:** 18+

**Available:** Year-round

Join these friendly, active dancers! Even if you're not a dancer, come and make new friends and enjoy great music.



## Dance for All

**Ages:** 18+

**Available:** Year-round

City of Reno and City of Sparks collaborate for a dance series for teens and adults with special needs.



## Dodgeball

**Adult Dodgeball League**

**Ages:** 18+

**Available:** Winter

Play one night a week, 10 league games and single elimination postseason tournament for qualifying teams.



## Dog Obedience

**Ages:** 8+ years (people) and 4+ months (dogs)

**Available:** Year-round

Learn and teach your dog the basic obedience commands. Results are guaranteed.



## Dominos

**Ages:** 18+

**Available:** Year-round

Dominos is a family of tile-based games based with gaming pieces that is fun for everyone!



## ESL (English Second Language) Book Club

**Ages:** 18+

**Available:** Year-round





## Fit But Not Forgotten

**Ages:** 18+

**Available:** Year-round

Classes will be taught by a VA Exercise Physiologist or City of Reno Certified Fitness instructor. New sessions start at the beginning of each month. Classes are taught in the weight/cardio room and memberships include Yoga, Tai Chi and Water fitness.



## Folklorico Dance

**Ages:** 2+

**Available:** Year-round

We teach and showcase traditional folk dances from the different regions in Mexico in collaboration with local community activities and events.



## Food Bank Mobile Harvest

**Ages:** 18+

**Available:** Year-round

The Mobile Harvest program is a direct service program that distributes perishable foods such as fresh produce, bread, and dairy into high-need neighborhoods.



## Football

**NFL Flag Football league**

**Ages:** Kindergarten - Middle School

**Available:** Spring (April-May)

**Types of Leagues:** Co-ed

Teams with all levels of ability will meet twice a week.



## Junior Park Rangers

**Ages:** 6-12

**Available:** Year-round

Discover the amazing parks with the City of Reno's Park Rangers! Have fun with interactive events, activities and earn your Jr. Ranger badge in the process!



## Kickball

**Adult Kickball League**

**Ages:** 18+

**Available:** Spring (April-June) & Summer (July-October)

**Types of Leagues:** Co-ed & Men's Only

Play one night a week, 10 league games and single elimination postseason tournament for qualifying teams.





## Lifeguards

### Lifeguard Classes

**Ages:** 15+

**Available:** Year-round

Are you interested being a Lifeguard?  
Take our classes and be a certified lifeguard!



### Junior Lifeguards

**Ages:** 15+

**Available:** Year-round

Participants will learn basic knowledge of water safety and the skills required to become a certified Junior Lifeguard.

## Military Sports Camp ★

**Ages:** 18+

**Available:** Summer (September)

The City of Reno will host 15 disabled veterans and injured service members with their spouse/caregiver for a multi-day event.

Visit [Reno.Gov/Adaptive](http://Reno.Gov/Adaptive) or click/scan the QR code to pre-register.





# Pickleball

## Adult Intro to Pickleball Camp

**Ages:** 18+

**Available:** Year-round

Each camp consists of 4 classes which focus on forehands, backhands, volleys, serving and returning, and game play.

## Adult Learn to Play Pickleball

**Ages:** 18+

**Available:** Year-round

Learn every aspect of the game including the serve, basic shot techniques, court positioning, rules, scoring, strategy, safety and etiquette. Class is for beginners and those needing a refresher!

## Adult Open Gym Pickleball

**Ages:** 18+

**Available:** Year-round

## Adult Pickleball Doubles League

**Ages:** 18+

**Available:** Year-round

All leagues are 5 weeks (15 days of play).

## Adult Pickleball Drills & Skills

**Ages:** 18+

**Available:** Year-round

## Adult Pickleball Drop-in Play

**Ages:** 18+

**Available:** Year-round

## Adult Pickleball Drill Classes

**Ages:** 18+

**Available:** Year-round

Take your game to another level by participating in our instructive adult drills. These are fun, cooperative, and competitive drills for players of all abilities.

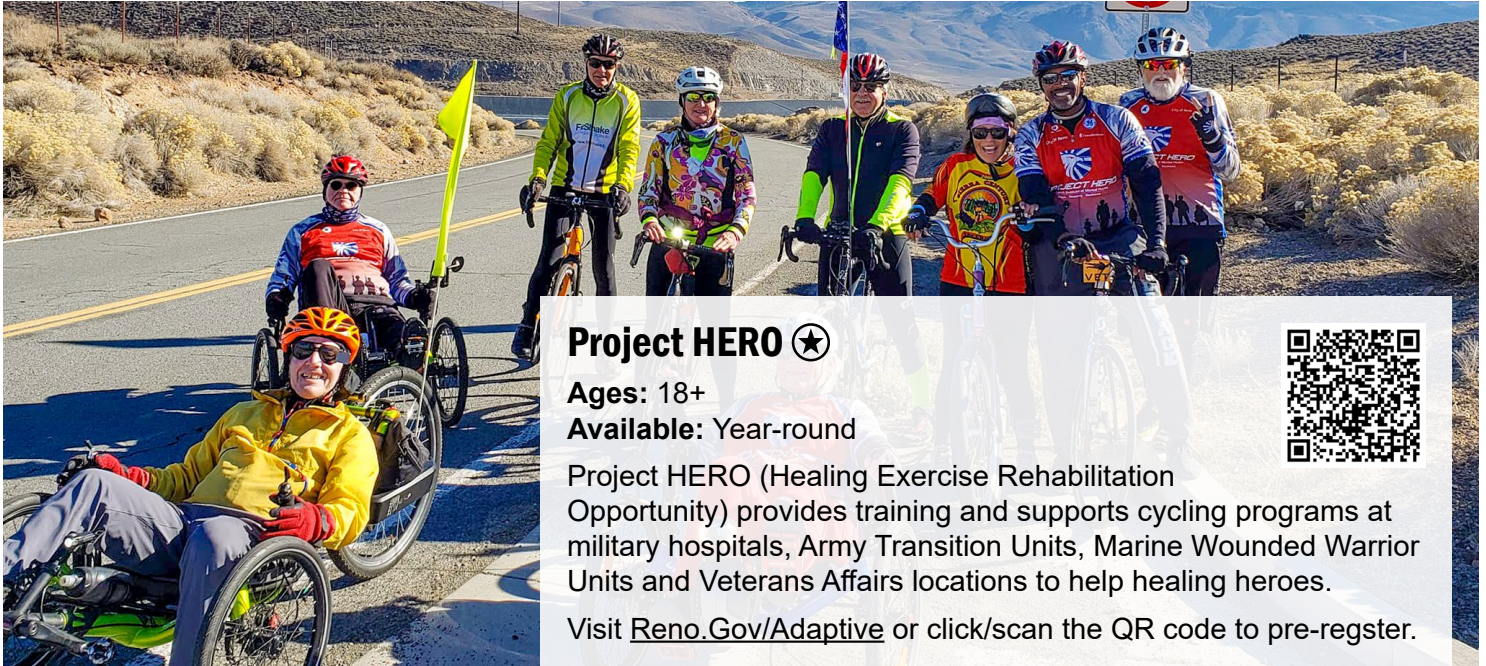
## Adult Pickleball Lessons

**Ages:** 18+

**Available:** Year-round

Our professional instructors have years of playing and coaching experience at any level.

Scan or click on the QR codes for registration, prices and locations for each activity



## Project HERO

**Ages:** 18+

**Available:** Year-round

Project HERO (Healing Exercise Rehabilitation Opportunity) provides training and supports cycling programs at military hospitals, Army Transition Units, Marine Wounded Warrior Units and Veterans Affairs locations to help healing heroes.

Visit [Reno.Gov/Adaptive](http://Reno.Gov/Adaptive) or click/scan the QR code to pre-register.



## Puzzles

**Ages:** All

**Available:** Year-round



## Reno Rumble Tournament

**Ages:** 18+

**Available:** October

Come support teams from the United States Wheelchair Rugby Association (USWRA) and the High Fives Wheelchair Rugby Team in a competitive weekend of wheelchair rugby.

Visit [Reno.Gov/Adaptive](http://Reno.Gov/Adaptive) or click/scan the QR code to pre-register.



## Rugby

### Wheelchair Rugby

**Ages:** 18+

**Available:** September - April

Wheelchair or quad rugby is a fast-paced and competitive sport for people with physical disabilities.

Visit [Reno.Gov/Adaptive](http://Reno.Gov/Adaptive) or click/scan the QR code to pre-register.





### Senior Lunch Program

**Ages:** 60+  
**Available:** Year-round



Seniors can enjoy a free hot meal or a fresh salad for lunch. Place your order in advance by click/ scanning the QR code or contact (775) 328-2786.



### Shuffleboard

**Ages:** 18+  
**Available:** Year-round



Come play shuffleboard with weighted discs and send them down the court scoring points!



### Sit and Get Fit

**Ages:** 18+  
**Available:** Year-round



This program strengthens the muscles while sitting, standing or while holding on the back of a chair, if needed.



### Sled Hockey

**Ages:** 18+  
**Available:** September - April

Participants with physical disabilities will get a chance to learn about sled hockey and get on the ice. No prior experience necessary. Visit [Reno.Gov/Adaptive](http://Reno.Gov/Adaptive) or click/scan the QR code to pre-register.

### Spinal Cord Injury/Disease Lunch and Learn

**Ages:** 18+  
**Available:** Year-round

Join us for Spinal Cord Injury/Disease specific resources, topics and guest speakers during our quarterly community-based luncheons.

Visit [Reno.Gov/Adaptive](http://Reno.Gov/Adaptive) or click/scan the QR code to pre-register.



## Softball

### Adult Softball League

**Ages:** 18+

**Available:** Spring (April-June) & Summer (July-October)

**Types of Leagues:** Co-ed & Men's Only

Play one night a week, 10 league games and single elimination postseason tournament for qualifying teams.



## Swim Lessons

### Water Babies

**Ages:** 6 months - 2 years

**Available:** Year-round

This parent-assisted program helps small children become accustomed to the water while in the familiar hands of a parent.

### Tiny Tots

**Ages:** 3-5 years

**Available:** Year-round

Instruction begins with basic physical and mental adjustment, basic safety and water skills using play as the primary form of teaching.

### Learn to Swim

**Ages:** 6+

**Available:** Year-round

Students will be introduced to the fundamentals and techniques of basic swimming. Advanced students will refine the skills presented in previous lessons.





# Swimming



## Adult and Teen Swim Clinic

**Ages:** 15+

**Available:** Year-round

Instructors work with participants to identify goals for success and design the course for goal completion.

## Aquajoints

**Ages:** 18+

**Available:** Year-round

Relieve joint pressure, soothe arthritis pain, and enhance your range of motion in this extremely low-impact warm water class.

## Lap Lanes

**Ages:** All

**Available:** Year-round

Lap Lanes offers shared lap lanes intended for exercise inclusive to any age and all skill levels. Customers are welcome to use any available equipment offered at each aquatics facility.

## Open Swim

**Ages:** All

**Available:** Year-round

Bring the kids and splash around in the pool at Open Swim.

## Special Events

**Ages:** All

**Available:** Year-round

Join us for some fun seasonal special events varying from lap swim competitions, the Biggest Little Egg Dive, Pumpkin Plunge and more!

## Water Fitness

**Ages:** 18+

**Available:** Year-round

These classes are rated in level of intensity and designed both for those looking to improve mobility as well as those looking for a higher intensity cardio workout.





## Tai Chi

**Ages:** 18+

**Available:** Year-round

This Chinese exercise system uses slow, smooth body movements to achieve a state of relaxation of both body and mind.



## Table Tennis

**Ages:** 18+

**Available:** Year-round

Come learn and play table tennis, also known as ping-pong!



## Tennis



### Youth Tennis

**Ages:** 4+

**Available:** Year-round

We offer sibling discounts.

### Little Tennis Camp

**Ages:** 3-6 years

**Available:** Year-round

This camp teaches the younger players the basic skills of tennis with low-compression red dot balls.

### Little Tennis Aces

**Ages:** 4-6 years

**Available:** Year-round

This group teaches the younger players the basic skills of tennis with low-compression red dot balls.

### 10 & Under Tennis

**Ages:** 7-10 years

**Available:** Year-round

This group is for beginner players and will use orange low-compression balls.

### Spring, Summer & Fall Junior Camps

**Ages:** 6-17 years

**Available:** Dates are based on the Washoe County School District calendar

Learn to play tennis! Enjoy instruction, games and point play.

### Junior Team Tennis

**Ages:** 9-17 years

**Available:** Year-round

This group is for advanced beginner and intermediate players who plan to play high school tennis.

### Tennis Lessons

**Ages:** 4+

**Available:** Year-round

Our professional tennis instructors have years of playing and coaching experience at any level.

### Adult Tennis Drill Classes

**Ages:** 18+

**Available:** Year-round

Take your game to another level by participating in our instructive adult drills. These are fun, cooperative, and competitive drills for players of all abilities.

### Adult Tennis Doubles Leagues

**Ages:** 18+

**Available:** Year-round

All leagues are 5 weeks.

### Adult Tennis Camps

**Ages:** 18+

**Available:** Year-round

Each camp consists of 6 classes which focus on forehands, backhands, volleys, serving and returning, and game play.



### Ukulele

**Ages:** 18+  
**Available:** Year-round



### Wheelchair Skills and Drills

**Ages:** 18+  
**Available:** September - April

Whether you're just getting started or looking to develop your skills with sport specific drills (wheelchair basketball, power soccer, etc.).

Visit [Reno.Gov/Adaptive](https://Reno.Gov/Adaptive) or click/scan the QR code to pre-register.



### Volleyball

#### Adult Volleyball League

**Ages:** 18+  
**Available:** Year-round

Play one night a week, 10 league games and single elimination postseason tournament for qualifying teams.



#### Youth Reno Volleyball Club

**Ages:** 7+  
**Available:** Year-round

Join this year-round program for girls and boys with all levels of skills. We offer beginner, intermediate and advanced classes.



### Yoga

**Ages:** 18+  
**Available:** Year-round



#### Chair Yoga

This course is designed to help participants with yoga poses and postures focusing on a gentle movement from a chair or standing beside a chair.

#### Gentle Yoga

Join this easy flowing class and pose in positions that benefit your health!

#### Hatha Yoga

This yoga is not fast paced but teaches you to breathe with the breath and movement.



### Youth City Council

**Ages:** 14-22  
**Available:** Year-round

The Reno Youth City Council plans events and activities for the youth in Reno and provide input to the Reno City Council regarding youth issues that relate to the City of Reno.



### Zumba

**Ages:** 18+  
**Available:** Year-round

With zesty Latin rhythms, tone and sculpt the body in an energizing cardio workout.



