



October 2026: Weekly Activities



For aquatic schedules
scan the QR code or visit
[Reno.Gov/ParksandRec](https://reno.gov/ParksandRec)

Facilities

**Adaptive Cycling Center
(Seasonal)**
6800 Pembroke Dr.
775-333-7765

**Evelyn Mount Northeast
Community Center
(EMNECC)**
1301 Valley Rd.
775-334-2262

**McKinley Arts and Culture
Center (MACC)**
925 Riverside Dr.
775-334-2417

**Moana Springs Community
Aquatics & Fitness Center**
240 Moana Ln.
775-393-1070

**Neil Road Recreation
Center (NRRC)**
3925 Neil Rd.
775-689-8484

Northwest Pool
2925 Apollo Wy.
775-334-2203

Plumas Gym
475 Monroe St.
775-334-2262

**Teglia's Paradise Park
Activity Center
(TPPAC)**
2745 Elementary Dr.
775-356-3176



Activity	Age	Location, Day(s) & Time(s)
Badminton	18+	NRRC: Mon., Wed. & Thurs. 6-9pm
Ballet/Jazz	6-12	EMNECC: Mon. 4-5pm
Basketball <i>Open Gym</i>	14+	NRRC: Wed. & Fri. 3:30-5:30 EMNECC: Fri 3-8:30pm (Call for additional times)
Beanbag Baseball	18+	TPPAC: Mon. & Fri. 10:30am, Wed. 12pm
Belly Dance <i>Beginner & Beyond</i>	13+	EMNECC: Tue. 6:30-7:30pm
Belly Dance <i>Intermediate/Advanced</i>	13+	EMNECC: Thurs. 6:30-7:30pm
BINGO	18+	TPPAC: Mon. Oct. 19, 1:00-2:30pm
Bridge	18+	NRRC: Tue. 12pm-2:30pm
Bunco	18+	TPPAC: Thurs. 12pm
Ceramics	12+	MACC: Wed. 9:30am-12:30pm
Chair Volleyball	18+	TPPAC: Mon. Oct. 5 th 1:15pm
Chair Yoga	18+	EMNECC: Mon., Wed., & Fri. 10-11am NRRC: Thurs. 9-10am TPPAC: Tue. 11am-12pm
Creative Ballet	2-6	EMNECC: Mon. 5-6pm
Cribbage	18+	NRRC: Wed. 1-4pm
Fit but Not Forgotten	18+	EMNECC: Wed., 5:30-6:30pm Thurs. 12-1pm Fri. 10-11am Moana Springs: Wed. 5:30-6:30pm
Gentle Yoga	18+	EMNECC: Tue. 6-7pm, Tues & Thurs 10:30-11:30am NRRC: Mon., Wed. & Fri. 2-3pm Plumas Gym: Tue. & Thurs. 1-2pm
Hand, Knee, and Foot	18+	TPPAC: Thurs. 9:30am
Karate: Shotokan	7-10	EMNECC: Tue., Thurs. & Fri. 4-5pm
Karate: Shotokan	10+	EMNECC: Tue., Thurs. & Fri. 4-6pm
Learn to Play Chinese Mahjong	18+	NRRC: Wed. 2-4pm
Open Play Chinese Mahjong	18+	NRRC: Wed. 4-6pm
Minnesota	18+	NRRC: Fri. 1-4pm TPPAC: Mon. Oct. 5 1-4pm
Movie Flix	18+	TPPAC: Mon. Oct 26 1:30pm
Pinochle	18+	NRRC: Fri. 1-4pm

Activity	Age	Location, Day(s) & Time(s)
Pickleball <i>Beginner/Drop-in</i>	14+	NRRC: Tue. & Thurs. 3:30-5:30pm
Pickleball <i>Open Gym</i>	14+	NRRC: Mon. 3:30-5:30pm Tue. 11:15am--3:15pm Wed. 9:15-1:30pm Thurs. 1:15-3:15pm Fri. 9:15-1:30pm EMNECC: Mon, Wed, Fri 9am-12pm Plumas Gym: Mon. & Wed. 9-11am Tue. & Thurs. 9am-12pm
Pickleball <i>Learn to Play Pickleball Strategy Clinic</i>	14+	EMNECC: Wed., Oct. 21 2-5pm (<i>must pre-register</i>) NRRC: Fri., Oct. 16 6-8pm (<i>must pre-register</i>)
Charm Dance Class		NRRC: Mon. 10-11:30am
Senior Line Dancing Classes	60+	EMNECC: Mon. 1:30-3pm & Wed. 1:30-2:30pm
Sunday Dance	60+	NRRC: 1 st & 3 rd Sunday 2-5pm
Shanghai	18+	TPPAC: Tue. 12:30pm
Shuffleboard	18+	TPPAC: Fri. 1:15pm
Sit and Fit	18+	EMNECC: Tue. & Thurs. 9-10am NRRC: Mon. 9-10am TPPAC: Mon., Wed. & Fri. 9-10am
Sled Hockey	18+	Reno Ice - 15500 Wedge Pkwy: Fri. 4:15-5:15pm
Strong Nation	18+	EMNECC: Sun. 10-11am
Table Tennis	18+	NRRC: Wed. & Thurs. 6-9pm
Tai Chi	18+	EMNECC: Mon. & Wed. 8:30-9:30am TPPAC: Tue. 9-10am Moana Springs: Mon. & Wed. 10-11:30am NRRC: Tue. & Thurs. 10-11am Plumas Gym: Mon. 11:30am-12:30pm
Trauma Sensitive Yoga	18+	EMNECC: Tues. 11am-12pm
Volleyball League	18+	EMNECC: Tue. & Wed. 6:30-10pm Plumas Gym: Mon., Tue., Wed. 6:30-10pm Sun. 9am-6pm
Wheelchair Basketball	18+	EMNECC: Sat. 10am-12pm
Wheelchair Rugby	18+	EMNECC: Thurs. 2-5pm
Wheelchair Skills and Drills	18+	EMNECC: Sat. 1-4pm
Zumba	18+	EMNECC: Mon. & Wed. 6-7pm NRRC: Thurs. 11am-12pm
Zumba Gold	18+	TPPAC: Wed. 10:30-11:30am