



Vista Grande Community Center Daily Programming

ADULTS

UNM Therapeutic Pool Transport

Monday and Friday
12:30pm – 3:00pm
Class: 1:15pm – 2:30pm
Phone: (505) 468-7500
Must Register with the City of ABQ

Gardening Club Sept. to May

When: 2nd Tuesday of the month
Where: Large Room @ 9:00am to 1:00pm
kgais1@aol.com

East Mountain Community Book Club

Instructor: Meaghan Carpenter
When: 3rd Tuesday of the month
Where: Computer Lab @ 5:45 - 6:45 pm
Phone: (505) 363-6929

Mahjong

Wednesdays 12:30pm – 4:00pm
Where: Computer Room
Phone: (505) 468-7500

Humanity Quilters

Instructor: BJ Hill
When: Every Thursday
Where: Art Room @ 9am-Noon
Phone: (505) 286-4106

Pickle ball

Monday & Friday 8:00-9:30 am
Tuesday & Thursday 7:30—9:30am
Phone: (505) 468-7502
Gym Available for open play:
Tuesday & Thursday from 11:30-1:45 pm

Weight Room

When: Sunday –Saturday
Fee: \$200 Yearly, \$25 for 20 visits, \$2 day pass

YOUTH

Basketball Skills

John Terry
Monday 6:00- 8:00 pm
Saturday 1:00 - 5:45 pm
Phone: (505) 281-8021

Karate

Instructor: John Swenson
When: Tues & Thurs
Time: 5-7yrs. 4:15 - 5 pm
8-12yrs. 5 - 5:45 pm
Phone: (505) 307-8212

Tutoring (All ages)

Tutor: Jan Campbell
(505) 281-5961
When: Tuesday & Wednesday
Call to set up a 30 minute session

Cub Scouts

Den Leader: Joseph Parker
When: 2nd and 4th Tuesday of each month
Time: 6:30 to 7:30pm

Girl Scouts

Leader: Sara Valdez
Every other Saturday
Time: 2:00 to 4:30 pm

Home School PE (6 week sessions)

Session 4: Feb. 21 - March 27, 2020
Time: Fridays 11:30-12:30
Cost: 12.00 per session

Weight Room

Ages: 9th grade and up
When: Sunday –Saturday
Fee: \$75 yearly
\$10 for 15 visits

Weight Room Hours

Sunday 10 am-2 pm
M,W,F 8 am-8 pm T/Th 6am-8pm
Sat 10 m-6pm

YOUTH BASIC PROGRAMS

Registration fee: 1st Child \$15.00 Each additional Child \$10.00

Before School at Vista Grande

Registration: July 26, 2019
Ages: Kinder - 5th grade
Time: 7 am.-8:45 am
Program Fee: \$280.00 Yearly \$90.00 Quarterly

After School Fall 2019

Registration: July 26, 2019
Ages: Kinder - 5th grade
Time: 3:30 -6 pm M, T, Th, F and
1:20 -6 pm Weds
Program Fee: \$425 Yearly \$135 Quarterly
Weds Only Fee: \$100.00 Yearly \$30.00 Quarterly

Teen Program

Registration: July 22, 2019
Cost: \$50.00 per semester
Time: 3:30 pm-6 pm M, T, Th, F
1:30 pm-6 pm Weds

Summer Program

Registration March 2nd –April 30th
Reduced application deadline is April 30, 2020
8 Week Program –300.00 Both Sessions

GYM

Open Gym For Ages High School & Adults

(MUST BE REGISTERED TO PARTICIPATE AND HIGH SCHOOL STUDENTS MUST HAVE SCHOOL ID WHEN REGISTERING)

Teen & Adult open gym basketball

Saturday 12:00 pm - 2:00 pm

Teen & Adult open gym volleyball

Saturday 10:00 am– 12:00 pm

Basketball/ Volleyball Split Open Gym (High School or older)

Family Open Gym (all ages) Adults must accompany children focus on youth and family play others may be asked to leave if gym is too full.

Sundays 10:00 am - 2:00 pm

What's coming up...

- **Spring Break Camp**
March 30th-April 3rd
Cost: 60.00 per child
- **Outdoor Adventure Camp**
May 26th-29th
Cost: 60.00 per child
Register at Los Vecinos Community Center
- **Summer Registration**
Begins Monday March 2, 2020
Reduced application deadline is April 30, 2020
- **Home School PE (6 week sessions)**
Session 4: Feb. 21 - March 27, 2020
Time: Fridays 11:30-12:30
Cost: 12.00 per session

**We will be closed on
April 10th (Spring Break)
And
May 25th (Memorial Day)**



Vista Grande Community Center Fitness Class Schedule

MONDAY

Zumba

Sarah & Emily
505-615-7124
9:15am - 10:15am



Therapeutic Yoga

Debbie Leffler
dleffler50@gmail.com
10:30am - 11:30am

Dance Cardio

Large Room
Melissa Chavez
4:30pm—5:30pm
melissajo.chavez@gmail.com

Cycle/ Strength

Becky MacGregor
(480) 540-3380
5:45pm - 6:45pm



TUESDAY

Spin Bike

Shelbi Stoerner
(801)703-8211
5:45am - 6:45am

Yoga basics

Donna Bandy Barreau
(505) 506-9936
7:15am - 8:15am
9 am - 10 am

Therapeutic Yoga

Debbie Leffler
dleffler50@gmail.com
10:30am - 11:30am

Karate

John Swenson
(505) 307-8212
5-7 yrs. 4:15 pm -5 pm
8-12yrs 5 pm -5:45 pm
Adult 6:30 pm -7:50 pm



Basketball/ Volleyball Split

Open Gym
(High School or older)
6:30pm- 8:20pm

WEDNESDAY

Pilates

Linda Latimer
713-553-7526
9:30-10:30am

Afterschool Program

1:30 pm- 3:30 pm

Strength Training

Becky MacGregor
(480) 540-3380
5:45pm - 6:45pm



Youth

Volleyball

Practice
Fisher & Smith Gym
4:00 pm- 8:00 pm

THURSDAY

Spin Bike

Shelbi Stoerner
(801)703-8211
5:45am - 6:45am

Yoga basics

Donna Bandy Barreau
(505) 506-9936
7:15 am - 8:15am
9 am - 10 am

T'AI CHI CHIH

Beverly McFarland
(505) 281-3515
1:00 pm - 2:30 pm

Karate

John Swenson
(505) 307-8212
5-7 yrs. 4:15 pm -5 pm
8-12yrs 5 pm -5:45 pm
Adult 6:30 pm -7:50 pm



Youth Volleyball Games

Fisher & Smith Gym
6:00 pm - 8:00 pm

Please contact instructors for fees and additional information

FRIDAY

Zumba

Sarah & Emily
505-615-7124
9:15 am - 10:15 am

Restorative Yoga

Debbie Leffler
dleffler50@gmail.com
3:00 pm - 4:00 pm



SATURDAY

TEEN AND ADULT Basketball/ Volleyball Open Gym

Volleyball: 10:00-12:00 pm
Basketball 12:00 -2:00 pm

Basketball Skills

John Terry
(505) 281-8021
1:00 pm- 5:45 pm



SUNDAY

Family Open Gym 10:00-2:00 pm See reverse side



Family Open Rec 10:00-2:00 pm



Intro To Gym & Personal Training

Shelbi Stoerner
(801)703-8211
Charlene Smith
(505)-288-5022



Weight Room Hours

Monday 8:00 am- 8:00 pm
Tuesday 6:00 am- 8:00 pm
Wednesday 8:00 am- 8:00 pm
Thursday 6:00 am- 8:00 pm
Friday 8:00 am- 6:30 pm
Saturday 10:00 am- 6:00 pm
Sunday 10:00 am- 2:00 pm

Vista Grande Community Center
15 La Madera Road
Sandia Park, NM 87047