

Village Talk

SUMMER 2022

IN THIS ISSUE

Resident and
Community Events

Saguaro Club

Health and Wellness
Classes

Additional Programs

Summer in Rancho
Sahuarita



RANCHO SAHUARITA
It's All In Your Backyard

www.RanchoSahuarita.com



What's inside?

pg 4-8
Resident Events

pg 8
Additional Programs

pg 9
Saguaro Club

pg 10-12
Health and Wellness
Classes

pg 13
Rancho Sahuarita
Aquatics

pg 14
Summer in Rancho
Sahuarita

pg 15
Special Needs
Programming



CLUB RANCHO SAHUARITA

At the heart of the community is Club Rancho Sahuarita, where residents will find a variety of lifestyle-enhancing activities for any age or interest. Surrounded by vast and pristine green spaces, inviting walking and biking trails, and refreshing water in our pools, opportunities exist everywhere for residents to enjoy a healthy, fulfilling lifestyle.

Hours of Operation

Contact

Monday – Thursday: 5:00 a.m. – 9:30 p.m.

Phone: (520) 207-7730

Friday: 5:00 a.m. – 9:30 p.m.

Email: info@ranchosahuarita.com

Saturday: 7:00 a.m. – 9:30 p.m.

Sunday: 8:00 a.m. – 9:30 p.m.

Club Rancho Sahuarita provides a full-service recreation center with dance and aerobic studios, lounge, a culinary demonstration kitchen, an outdoor activities park, a full lap pool and the largest private splash park in Southern Arizona. The Clubhouse is available exclusively to Rancho Sahuarita residents and their guests. In addition to being a center for resident activity and recreation, various locations within our Clubhouse are available for rent and use by residents. For availability and pricing information, please call Club Rancho Sahuarita at 520-207-7730.

FITNESS CENTER AT CLUB RANCHO SAHUARITA

Club Rancho Sahuarita's Fitness Center includes state-of-the-art cardio equipment, fixed weight machines, and strength training equipment (including dumbbells, barbells, free weights and cable machines). Residents must be 16 or older to use the Fitness Center.

(Children 13 to 15 years of age may use the Fitness Center but must stay with parents the whole time.)

Hours of Operation

Monday – Thursday: Open 24 Hours

Friday: 12:00 midnight – 9:30 p.m.

Saturday: 7:00 a.m. – 9:30 p.m.

Sunday: 7:00 a.m. – 12:00 midnight

KIDS TIME

While parents are using the Fitness Center or catching up on work, children can enjoy Kids Time. Rancho Sahuarita offers supervised child care at a cost of \$3.00 per hour per child (limit of two hours). This service is available for children 4 months to 6 years of age. (Parents must remain on the premises).

Hours of Operation

Monday – Thursday: 8:00 a.m. – 12:00 p.m. & 3:00 – 8:00 p.m.

Friday – Saturday: 8:00 a.m. – 12:00 p.m.

Sunday: Closed

PRE-TEEN ROOM

Available to children 6 to 12 years of age, this area provides a fun and safe environment for older children. While being supervised by Clubhouse staff, kids (and parents) can enjoy rich activities including board games, crafts, help with homework, video games, pinball, and more. (Parents must remain on the premises).

Hours of Operation*

Monday – Friday: 3:00 – 8:00 p.m.

Saturday: 8:00 a.m. – 7:00 p.m.

Sunday: 10:00 a.m. – 7:00 p.m.

ADDITIONAL HOURS:

Splash Park Hours of Operation*

Beginning May 28th:

Monday – Saturday: 10:00 a.m. – 8:30 p.m.

Sunday: 10:00 a.m. – 7:30 p.m.

Flamingo Splash Pad Hours of Operation*

Beginning May 1st:

Monday – Sunday: 9:00 a.m. – 9:00 p.m.

Parque Del Rio and Parque Del Presidio

Hours of Operation*

Beginning May 1st:

Monday – Sunday: 7:00 a.m. – 9:00 p.m.

***Special expanded hours of operation for summer, fall and spring breaks may apply.**

Resident Events

Summer 2022

Food Truck Roundup

Tuesday, May 3rd, June 7th, July 5th, & August 2nd | 5:00 – 8:00 p.m.

Stop by Club Rancho Sahuarita as food trucks gather every first Tuesday of the month. Until further notice, this will be a grab-and-go type event. You'll order on-site, then enjoy your meal in the comfort of your home or vehicle.

Coffee Social

Friday, May 6th & 20th, August 12th & 26th | 8:00 – 9:30 a.m.

This resident favorite is held every other Friday and is free to our residents. The morning includes complimentary coffee, donuts and bagels, along with a few healthier options. Registration is not required for this event. *(*This event goes on hiatus for the summer but returns in the fall.)*

“Mamas & Mimosas” Health and Wellness Event

Friday, May 6th | 6:00 – 8:30 p.m.

Calling all resident moms for a night of fitness and fun! Join us for a sweat filled, heart pumping workout and a relaxing yoga/meditation session to help unwind after a job well done. And to finish strong, enjoy mimosas and appetizers afterwards! Residents must be 21 years or older to attend, and there will be a 2-drink maximum. Registration is required for the free event.

Mother's Day Card Making

Saturday, May 7th | 10:00 a.m. – 12:00 p.m. | La Villita Lounge | \$2 per person

Show Mom how much you love her with a custom-made Mother's Day card! Children can come to Club Rancho Sahuarita to create a special card for Mom and Grandma. The fee is \$2.00 for all children, and no pre-registration is necessary. (Staff will be on hand to help children with their creations.)

Sunday Addition

Sunday, May 8th, June 12th, July 10th, & August 14th | 2:00 – 4:00 p.m.

Stop by every second Sunday for some extra family fun. Activities will vary from month to month (*while supplies last). Registration is not required. Please visit ActiveNet for more details.

Bingo Madness

Tuesday, May 10th, August 9th & 23rd | 6:00 – 8:00 p.m.

Try your luck at a night of Bingo every 2nd and 4th Tuesday. Registration is not required but space is limited and on a first-come, first served basis. The cost is \$2 per card, or \$5 for (3) cards, \$12 for (7) cards, and \$15 for (9) cards. A total of seven Bingo games are played. Doors open at 6:00 p.m., and residents can purchase Bingo cards between 6:00 – 6:30 p.m. Doors close promptly at 6:30 p.m. to begin games. This event is open to all residents and their guests (*must be 18 years or older to participate). *(*This event goes on hiatus for the summer but returns in the fall.)*

Women & Wine

Wednesday, May 11th & August 10th | 6:00 – 7:30 p.m.

Ladies you are cordially invited to join us for an evening of wine, appetizers, and friendship. Drop in anytime to unwind, or make a date with your girlfriends to meet at Club Rancho Sahuarita at this event, designed just for women. Although this is a free event, space is limited and on a first-come, first-served basis. (*Must be 21 years of age or older.) *(*This event goes on hiatus for the summer but returns in the fall.)*

Storytime for Tots

Thursday, May 12th & August 11th | 10:30 – 11:30 a.m.

Held every 2nd Thursday, guest readers will share their favorite children's stories and a craft or activity. This activity is perfect for children 3 years of age and older and their parents. Registration is not required for this free program but space is limited and on a first-come, first-served basis. *(*This event goes on hiatus for the summer but returns in the fall.)*

Movin' & Groovin'

Thursday, May 19th & August 18th | 10:30 a.m.

Designed for toddlers (ages 2 to 4 years old), this unique program combines music with movement to challenge your child physically and cognitively while building crucial social skills. Each month will feature a different themed-program. Registration is not required for this free program, but space is limited and on a first-come, first-served basis. *(*This event goes on hiatus for the summer but returns in the fall.)*

Homegrown Heroes

Thursday, May 19th | 8:00 – 10:00 a.m. | Armed Forces Tribute

When it comes to our Veterans there is no shortage of those whom reside in our beautiful



community. We invite you to come mix and mingle with your local heroes while enjoying a light breakfast, desserts, refreshments, and a supportive group of locals to chat and connect with.

Food Truck Fridays

Friday, May 20th, June 17th, July 15th & August 19th | 5:00 – 8:00 p.m. | Various Rancho Sahuarita Neighborhood Parks

Don't know what to prepare for dinner after a very long week of work and school? Well, we've got you covered! Every 3rd Friday of the month you can enjoy an array of food trucks at various parks throughout the community. Every month a new neighboring park will host this event. Host locations include: May- Parque Del Presidio, June- Parque Del Lago, July- Parque Del Sol, August- Parque Del Rio. (Please visit ActiveNet for exact addresses.)

Rock Art

Wednesday, May 25th, June 29th, July 27th August 31st | 6:00 – 7:00 p.m. | La Villita Lounge

Be part of decorating your community beautiful with rock art. A team member will walk you through a set design, or you can choose to be creative and come up with a one-of-a-kind piece. This free event is open to all residents, and although registration is not required, space is limited and on a first-come, first-served basis.

Opening of the Splash Park and Memorial Day Weekend Celebration

Saturday, May 28th | 10:00 a.m.- 4:00 p.m.

Sunday, May 29th | 5:00 – 8:00 p.m.

Join us for a special holiday weekend full of summer family fun as the Splash Park is officially open for the summer! Each day will be filled with unique raffles, prize giveaways, games, food truck

vendors, poolside music with DJ Rob (Saturday), waterslides on the lawn (Saturday) and a live steel drum performance by "Apocalypso" (Sunday).

Memorial Weekend Movies Under the Stars

Sunday, May 29th | 8:00 – 10:00 p.m. | South Lawn

Our Memorial Weekend Celebration would not be complete without our traditional Sunday Movie Under the Stars. Immediately following the pool and waterpark entertainment, walk out to the South Lawn to enjoy the movie, "Shang Chi". Food vendors will be on site, and complimentary popcorn will be available.

Sunrise Remembrance

Monday, May 30th | 7:00 – 8:30 a.m. | Armed Forces Tribute

Join us for a morning tribute on Memorial Day as we remember those who made the ultimate sacrifice. The morning will include the playing of Taps, followed by a brief benediction, and the placement of the memorial wreath. The event will take place at the Armed Forces Tribute at Parque Del Rio. Registration is not required for this event.

Movies Under the Stars

Our "Movies Under the Stars" series continues through summer with these great hits:

Saturday, May 7th | "Star Wars: Episode IV: A New Hope"

Saturday, May 21st | "Black Widow"

Sunday, May 29th | "Shang Chi"

Saturday, June 11th (Safari Park) | "Jungle Cruise"

Saturday, June 18th (North Santa Cruz Park) | "Spider-Man: No Way Home"

Saturday, July 2nd | "Free Guy" (Indoor, 10:30 a.m. – 12:30 p.m.)



Saturday, July 16th | **"Ghostbusters: Afterlife"**

Saturday, August 6th | **"Sing 2"**

Saturday, August 20th | **"Turning Red"**

The event area opens one hour prior to showtime, and complimentary popcorn will be available. The movies begin at 8:00 p.m. unless otherwise noted.

I Can Cook for Kids

Friday, June 3rd | 10:00 a.m. – 12:00 p.m.

Please join our staff for this fun, hands-on class. Young chefs will practice basic cooking and preparation skills with a focus on preparing delicious kid-friendly baked goods. A fee and registration are required. Participants must be between the ages of 7 and 12 years old.

Dino Digg

Thursday, June 9th | Session 1: 8:30 - 9:30 a.m. | Session 2: 10:00 - 11:00 a.m. | Parque Del Rio

Calling all Dinosaur enthusiasts: join us to dig for dinosaurs and other fun activities. The first 25 children per session will receive a complimentary pith helmet! Children should be accompanied by an adult. Although the event is free, registration is required.

Characters & Cookies

Friday, June 10th | 10:00 – 11:00 a.m.

Cookie time is even more fun when it's shared with a host of costumed characters! Children can visit with characters as they decorate their very own cookies and do a variety of other activities. Children should be accompanied by an adult. There is no fee or registration required, but this event is open to residents only.

Safari Movie Night

Saturday, June 11th | 6:30 – 10:00 p.m. | Safari Park

Come take a walk on the wild side! Join us for a special movie night showing, "Jungle Cruise"

at the Safari Trail Park. Families can view animal exhibits and enjoy other family activities. Food Trucks will be available, as well as a Face Painter, Jumping Castles and Obstacle Courses, and a special discovery area from Truly Nolan. The event begins at 6:30 p.m., and the movie starts at 8:00 p.m.

Special Edition: Sunday Addition, "Super Hero Sundaes"

Sunday, June 12th | 2:00 – 4:00 p.m.

Grab your mask and cape and head over to Club Rancho Sahuarita for delicious ice cream sundaes! Enjoy your sundae while you visit with a variety of superheroes. Costumes are encouraged, but not required. Don't forget your cameras! The first 50 children will receive a special gift. Sundaes are available while supplies last. Registration is not required and this event is open to residents only.

Dad and Me BBQ

Friday, June 17th | 5:00 – 8:00 p.m. | \$7 per person

Join us for an evening of outdoor fun, food, and entertainment at the Activities Lawn at Club Rancho Sahuarita. Dads, take this time to enjoy your Father's Day weekend with those that call you "Dad". There will be a variety of lawn games and great activities. Bring out the lawn chairs or blankets and we'll do the rest! Registration and a fee is required, and it is open to residents only.

Father's Day Card Making

Saturday, June 18th | 10:00 a.m. – 12:00 p.m. | La Villita Lounge | \$2 per person

Show Dad how much you love him with a custom-made Father's Day card! Children can come to Club Rancho Sahuarita to create a special card for Dad and Grandpa. The fee is \$2.00 for all children, and no pre-registration is necessary. (Staff will be on hand to help children with their creations.)

American Red Cross Blood Drive

Saturday, June 25th & August 20th | 9:00 a.m. – 3:00 p.m.

Give the gift of life by donating at one of our many Blood Drives held throughout the year. To register for a specific blood drive, please call 1-800-733-2767 or log on to redcrossblood.org and enter the Sponsor Code as: Rancho. Remember identification is required to donate at all blood drives.

Family Fun Night

Saturday, June 25th & Saturday, August 27th | 7:00 – 9:00 p.m. | \$3 per person

Are you ready for the ultimate pool night? The Events team at Rancho Sahuarita is bringing back the most amazing water obstacle course that stretches across the entire length of the pool. Along with a poolside DJ and outdoor games, the Splash Park and the Tot Lagoon will remain open too. A per person fee and registration is required; children 3 and under do not need to register.

Cheer Camp

Monday, June 27th – Thursday, June 30th | 9:30 a.m.-11:30 a.m.

We invite all children entering grades 6th to 9th join us for our first ever Cheer Camp! This camp will teach the fundamentals of cheer along with basic steps, and a simple routine to those children who are interested in entering the world of cheer. Registration is required and there is a \$10 equipment fee. All money collected will go to the Tanner Belle Karr Scholarship Foundation. Space is limited to 25 participants, and it will be held at Anza Trail School.

Mom's Afternoon

Wednesday, June 29th & July 27th | 12:00 – 2:00 p.m. | \$5 per person

Hey Moms! Need a quick mid-week break to enjoy some pool time, a little bite to eat or simply sit in silence? Well, we've got you covered. Check your child into Kids' Time and join us on the Terrace. We'll host light food/desserts and refreshing "mocktails" (*while supplies last). As space is limited, please visit ActiveNet to register.

Special Edition Movie Matinee

Saturday, July 2nd | 10:30 a.m. – 12:00 p.m.

Join us indoors and beat the summer heat for our special matinee showing of, "Free Guy". Complimentary hotdogs, popcorn and refreshments will be provided (*while supplies last). The event area will open 30 minutes prior to the start of the movie. Registration is required.

Rancho Sahuarita Independence Day

Celebration: Family, Friends and Freedom

Sunday, July 3rd | 6:00 – 9:00 p.m. | Club Rancho Sahuarita & Sahuarita Lake

Kick start your Independence Day festivities with Club Rancho Sahuarita. Get your groove on with a live band performance by, "Rhythm Edition", and enjoy a kids zone, an array of food trucks and much more!

It's a Good Day to Trail: Trail & Tails Edition

Saturday, July 9th | 7:30 – 9:00 a.m. | Location: TBA

Grab the family and kick up the dust on your community trails. That also means your four-legged family member too- canines are welcome to wag along the trail. Along your trails, enjoy quirky walking, skipping, and hopping activities, water-fun, refuel & hydration stations, plus more for the doggies also. Registration is not required; all canines must always remain on a leash at all times.

Adult Night: Top Golf

Friday, July 15th | Time: TBD | 4050 W. Costco Pl., Tucson, 85741 | \$TBD per person

Whether you're a golfer or not, come out for an amazing afternoon at Top Golf in Tucson. Let us take the stress out of driving, as transportation will be provided. Visit ActiveNet more details and to register.

Family Fun Day

Sunday, July 17th | 8:00 – 10:00 a.m. | \$3 per person

Can't make the evening Family Fun Night? Then this event is just for you! We're bringing out again the most amazing water obstacle course that stretches across the entire length of the pool. Along with poolside music and outdoor games, the Splash Park and the Tot Lagoon will remain open too. A per person fee and registration are required; children 3 and under do not need to register.

Teen Outing: Hurricane Harbor

Wednesday, July 20th | 7:00 a.m. – 7:00 p.m. | \$30 per person | Phoenix, AZ

Teens, grab your swimsuits, towels, and cool off with a fun day trip to Six Flags Hurricane Harbor in Phoenix! Experience exciting water slides like the Bahama Blaster, the Tornado, and the Bonzai Pipeline. Teens must be between the ages of 13-18 years old, and this event is open to residents only. The cost includes transportation, admission, and lunch at the water park.

I Can Cook for Kids & Parents: Back to School Edition

Saturday, July 23rd | 10:00 a.m. – 12:00 p.m. | \$5 per child

Join our staff for this fun, hands-on class. Young

chefs and their parents will put together some great back-to-school lunch ideas. A fee and registration are required (for the child only). Children must be between the ages of 7 and 12 years of age (limit one adult entry per registrant).

School-A-Bration

Friday, July 29th | 6:00 – 8:00 p.m. | Safari Park

A great event with massive community rewards! Join us for a fun-filled evening, while at the same time helping us give back by donating school supplies. All donations will benefit the Sahuarita Unified School District. Donations will be taken at the event and at Club Rancho Sahuarita during the entire month of July. You can look forward to inflatables, bubble balls, a live DJ, free hotdogs (*while supplies last), popcorn and AMAZING raffle prizes!

Friendship Day Giveaway

Monday, August 1st | 4:00 – 5:00 p.m.

Round-up your best pals and join us for National Friendship Day! Your favorite pals Jesse and Woody will also be joining us. We'll be giving away friendship bracelets, along with hosting a couple of stations to make your very own edible bracelet (*while supplies last).

Labor of Love

Thursday, August 25th – Monday, September 5th

Celebrate the hardworking loved ones in your life for all they do! Red, White and Blue stars will be available at the Front Desk and at select events. Use them to write a quick note with your 'Thank You's' and kind words to show your appreciation to all the hard workers in our community. Stars will be displayed on the main wall across the Front Desk.

Toddler Techniques

Thursday, August 25th | 10:30 – 11:30 a.m.

Every fourth Thursday of the month get your toddler out and join in on the fun. This free event is offered for children 3-6 years. This event will offer many different fine motor and sensory activities to help your toddler grow. Activities vary from month to month. *(*This event goes on hiatus for the summer but returns in the fall.)*

ADDITIONAL PROGRAMS

Rancho Sahuarita Homeschool Club

First and Third Fridays

11:30 a.m. – 1:30 p.m.

Rancho Sahuarita Homeschool Club P.E.

Second and Fourth Wednesdays | 11:00 a.m. - 12:00 p.m.

Contact Elise Drapeau at s.elise.drapeau@gmail.com

**On hiatus for June-August. Will reconvene in September.*

Southern Dragon Taekwon-Do

Monday & Wednesdays 3:00 - 6:00 p.m. | Fridays

3:00 – 5:00 p.m.

Ages: 5 and up. Traditional Taekwon-Do (ITF)

We are affiliated with Jun Tong Taekwon-Do Federation To register and get more information contact: Levi Davis (520) 248-6377 or email southerndragontkd@gmail.com

Sahuarita Dance – Sahuarita Dance provides:

Creative Dance/Pre Ballet (3-5yrs)

Ballet/Jazz Combo Classes (5-12yrs)

Hip Hop (5-12yrs)

Tap (5-12 yrs)

For more information on days and times of programs and to register contact:

Michele Igasan

Sahuarita Dance Center | Sahuaritadance.net

520-232-3753 | michele@sahuaritadance.com

Zumbini

Wednesdays | 10:30-11:30 a.m.

In the Vistoso Studio

Moving, grooving, and growing for mom or dad and baby! Shana Chanel, with Creative Minds Art Center, is a licensed Zumbini instructor. Zumbini is an early childhood education program for ages 0-4. Created by Zumba and BabyFirst, the program combines music, dance and educational tools to promote cognitive, social, emotional, and motor skill development. This six-week program of 45-minute classes creates the ultimate bonding experience for kids and their caregivers alike. For more information and to register, please contact Shana at 917-681-1199 or shanacbrewer@gmail.com

Music Lessons

Virtual Workshops or Individual Music Lessons

Have you ever wanted to learn how to play an instrument or take vocal lessons? This is your opportunity to take a workshop class or individual lessons with "Music Chambers" taught by Cynthia Chambers. Instrument lessons are offered for piano, guitar, violin and ukulele, or sign up for vocal lesson. Please contact Music Chambers directly at fadelgado1234@msn.com for information on cost and registration.

Lego Club is Back!

May 27th – August 5th | Fridays | 12:30 – 1:30 p.m.

Afterschool Lego Club Begins August 10th |

Wednesdays | 1:45 – 2:45 p.m.

This program is for children 6 to 12 years of age. Children are challenged to be creative as they build their Lego creations. Legos are supplied and no registration or fees are required for this club. Additional information is available through Kids Time at (520) 207-7008.

SAGUARO CLUB

Comedy Night

Monday, May 23rd | 6:00 – 8:00 p.m. | Rancho Resort Ballroom (15900 S. Rancho Resort Blvd.)

A night of laughs is just the tip of the iceberg for comedian Sandra Risser and special guests. Come out for an evening of laughs with your fellow Saguaro Club members, or invite a fellow resident to come and see what the Saguaro Club is all about. Although this is a free event, registration is required.

Explore AZ: The Monica Open Kitchen + Bar

Tuesday, June 14th | 9:00 a.m. – 1:00 p.m.

\$10 per person

The Monica is one of the newest dining experiences in downtown Tucson. Come and experience a “fresh and fast breakfast”, so says The Monica. After lunch, we'll hang out and stroll downtown and 4th Avenue. The fee includes transportation, however the cost of lunch and any purchases will be the responsibility of the member. Join us and go shopping, or just enjoy having some desserts or drinks.

Indoor Movie

Sunday, June 26th | 1:00 – 4:00 p.m. |

“King Richard”

Enjoy an indoor movie at Club Rancho Sahuarita with a pre-movie Happy Hour beginning at 1:00 p.m. (the movie will begin at 2:00 p.m.) There will be complimentary popcorn and candy. Although this is a free event, registration is required.

Happy Hour (+)

Friday, July 8th | 5:00-7:00 p.m.

Only one hour just doesn't cut it, so we're extending it to two! Hang out with your fellow club members while enjoying appetizers and an alcoholic cocktail or two (*while supplies last). Non-alcoholic drinks will also be available. Registration is not required.

Locals Eats at Pub 22

Thursday, August 18th | 4:00 – 5:30 p.m. | \$10 per person

It's so important to shop and support local businesses in our community, and that's just what we intend to do. For a \$10 registration fee, we'll give you a \$20 Pub 22 gift card in return. Spend it to your liking at the restaurant. We will have only a limited number of gift cards, please do not hesitate to register.

EVENTS FOR CHILDREN WITH SPECIAL NEEDS:

All special needs events are done through a partnership with the Sahuarita-Green Valley Family Support Network. **To register for these events or to obtain additional information, contact Jamie Comeau or Hania Medrano at sgvfsn@gmail.com.**

Prom Night

Saturday, May 14th | 6:00 – 8:00 p.m.

Mark your calendars for our annual Prom Night for families of children with special needs. Join us for this fun event that includes food, dancing, pictures and more. To learn more or to register, please reach out by email.

Grad Night Hot Dog Roast

Wednesday, June 1st | 6:00 – 8:00 p.m.

Celebrate your special Graduate with an evening under the beautiful night sky. We'll have music in the background, while we roast hotdogs and s'mores. To learn more or to register, please reach out by email.

Water Park Fun Day

Saturday, July 16th | 8:00 – 10:00 a.m.

Families can enjoy the water park without the noise and presence of the crowds. This is a great way for families to use this wonderful amenity without the worries. To learn more or to register, please email.

COMMUNITY EVENTS

Movie Night with the Town of Sahuarita

Saturday, June 18th | 8:00 – 11:00 p.m. | North Santa Cruz Park (14455 S Rancho Sahuarita Blvd.)

Club Rancho Sahuarita has teamed up with the Town of Sahuarita for an entertaining movie in the park showing “Spider-Man: No Way Home” (2021, PG-13)! Bring a chair or blanket to enjoy the warm summer night under the stars with friends, family, and neighbors! Enjoy complimentary popcorn; refreshments will also be available for purchase from local food trucks.

Concert Under the Stars

Saturday, August 13th | 7:00 – 9:00 p.m.

Join us for a FREE concert under the night sky. The evening will include a live band performance, and an array of food trucks on site. This event is great for the whole family, and no fee or registration is required.

*Dates, times, and locations are subject to change. Please verify with ActiveNet for the most up-to-date information!

Health & Wellness

Summer 2022

Registration on ActiveNet is required for all classes.

Cycling with Tracy

Mondays at 6:30 a.m. & 6:00 p.m. | Wednesdays at 6:30 a.m. | Fridays at 6:30 a.m. | In the Rio Bravo Room

Join us for this calorie burning workout for first timers and experienced riders. Residents use stationary bikes to ride through climbs, races and sprints, all while listening to great music. Please bring water and a towel to class.

Contemporary Jazz Dance for Adults with Marissa

Mondays at 8:00 a.m. | Wednesdays at 8:00 a.m. In the Vistoso Studio

A fun fusion for all skill levels of contemporary dance styles with jazz, ballet and world dance influences. Class combines proper leg work and body alignment while building strength and flexibility all while enjoying rhythmic phrasing and fun self-expression.

Low Impact Cardio with Suzanne

Mondays at 10:30 a.m. | *TIME CHANGE to 11:15 a.m., May 26th – August 1st | In the Multipurpose Room

This low impact workout is perfect for any age and skill level wanting little to no stress on their joints. It incorporates both cardio and light strength training. Please bring water, and if desired, a mat to class.

Pre-Teen Tap/Ballet with Aurora

Mondays & Fridays at 3:00 - 4:30 p.m. | In the Vistoso Studio

A great beginning class to introduce preteens (9 to 13-year-olds) to the beauty of dance! The first half of class is ballet, focusing on the foundations through barre work. The second half is tap, where children will be taught about the artistry of dance—where the magic happens! Proper ballet attire (tights, leotard, etc.) is not required, though it is recommended to have ballet flats and tap shoes (any shoe comfortable to dance in will be just fine).

Cardio Kickboxing with Cecelia

Mondays, Tuesdays & Thursdays at 6:15 p.m. | Wednesdays at 7:15 p.m. | In the Multipurpose Room

An intense, full-body interval routine that will empower and motivate you. The workout consists of boxing and kickboxing movements mixed with martial arts. Please bring hand weights if you desire, and a water bottle.

Adult Tap with Aurora

Fridays at 5:00 p.m. | In the Vistoso Studio

Calling all tappers of any age and experience level! This tap class is designed to be beginner-friendly, where we will focus on some of the foundations of tap such as the different steps and how to establish beats. Tap shoes are highly recommended, but sneakers are okay depending on your comfort level.

Yoga with Selina

Tuesdays at 7:00 a.m. | Thursdays at 7:00 a.m. In the Vistoso Studio

Join us for classical style yoga for all skill levels. The basis of this class focuses on breathing, strength and flexibility while moving through different poses. Please bring water and, if desired, a mat, straps and block.

High Intensity Interval Training (HIIT) with Suzanne

Tuesdays at 8:30 a.m. | *TIME CHANGE to 8:00 a.m., May 24th – August 1st | In the Multipurpose Room

Join us for this calorie burning workout for all skill levels. Get ready to be challenged and have fun in this full body high intensity workout class.

Water Aerobics with Suzanne

Tuesdays at 11:30 a.m. | Thursdays at 8:00 a.m. At Parque Del Presidio

Tone and sculpt your body with no impact on your joints. Water Aerobics is a swimming blend of cardio and resistance training that at times may incorporate water weights and noodles.

Zumba™ with Marissa

Tuesdays at 10:00 a.m. | In the Multipurpose Room | Wednesdays at 9:00 a.m. | In the Vistoso Studio

This class mixes body sculpting movements with Latin American dances. It includes routines featuring aerobic interval training with a combination of fast and slow rhythms. Low-impact options also offered for modifications. Please bring water to class.



Kids Yoga with Marissa (Ages 8-12)

Tuesdays at 3:30 p.m. | In the Vistoso Studio

A yoga class designed for children ages 8-12! It's filled with activities that engage children and give them the tools to feel calmer, happier, and more peaceful inside! Children will learn yoga poses, breathing, and relaxation exercises which cultivate a calm mind, increase strength and flexibility.

Zumba™ with Haley

Tuesdays at 6:00 p.m. | In the Vistoso Studio

Fridays at 10:00 a.m. | In the Multipurpose Room

This class mixes body sculpting movements with Latin American dances. It includes routines featuring aerobic interval training with a combination of fast and slow rhythms. Low-impact options also offered for modifications. Please bring water to class.

Pound with Christina

Tuesdays at 5:00 p.m. | In the Multipurpose Room

Any fitness level can strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique- all while rocking out to your favorite music. Please bring water and if desired, a yoga mat to class.

Adult Ballet with Billie

Wednesdays at 6:00 p.m. | Thursdays at

9:00 a.m. | In the Vistoso Studio

Taught by our Silver Swans® licensed instructor, ballet can be enjoyed at any age and be adapted for different fitness levels. This beginner class will tone, lengthen, and stretch your muscles while engaging your whole body. In class, you will do barre work, along with center work. Please wear athletic clothing and ballet shoes if you have them. If you do not have ballet shoes, please wear textured socks (to prevent slipping).

Core & More with Christina

Wednesdays at 6:15 p.m. | Fridays at 8:00 a.m. | In the Multipurpose Room | Thursdays at 5:00 a.m. | In the Vistoso Studio

A high intensity strength training class that uses balance and total body exercises to build your core. Please bring a yoga mat and a water bottle to class.

Dance Conditioning with Billie

**Wednesdays at 7:00 p.m. | Thursdays at 8:30 a.m.
In the Vistoso Studio**

The best approach for dance strength building is with this non-classical technique's components in an intense, targeted 30-minute segment. This class targets dance strength improvement, but is very useful to anyone who wants a quick intrinsic-core, lower pelvic-strengthening workout, including major leg muscle groups with joint range of motion, and back-strength hits focused on mid-back and latissimus dorsi muscle strength. Please bring a light stretch band and a towel.

MixedFit with Suzanne

Thursdays at 10:00 a.m. | *TIME CHANGE to 8:00 a.m., May 26th – August 1st | In the Vistoso Studio

MixedFit is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. This innovative dance-fitness class incorporates different elements, all of which are designed to tone, strengthen, and increase endurance.

11:11 The Practice™ Yoga with Jessica

Thursdays at 6:00 p.m. | In the Vistoso Studio

This urban yoga methodology uses palindromes to create unique power yoga sequences. Instead of moving right to left, sequences are done in reverse order. All classes utilize 11 primary poses chosen to warm up the body and target specific muscle groups. Strategically placed cardio bursts keep the body in fat burn mode. Students will move through 11 sun salutations, bringing awareness to all 7 chakras and fire up the core. All classes are infused with upbeat music and positive intentions to attract current goals and release what no longer serves. This hot new workout out of Scottsdale, Arizona is fun for all ages!

Line Dancing with Lynn

Fridays at 9:00 a.m. | In the Vistoso Studio

Learn the art of line dancing from an instructor with over 20 years of experience. This class combines the love of music with choreographed dance moves. The moves are done in a repeated sequence of steps by individuals in a group. This is a great low-impact exercise where you can make new friends while dancing to the latest country and western music. Please wear comfortable clothing that allows you to move and shoes that let you slide/glide on the wood flooring. This class is great for residents 18 to 90 years of age! Please bring a water bottle with you to class.

Bootcamp with Christina

Saturdays at 9:00 a.m. | In the Multipurpose Room

Come start off your Saturdays with a series of full body workouts, in this fun yet challenging 45-minute class. All fitness levels are welcome.

Kid Fit with Suzanne (Ages 8-12)

Saturdays at 9:00 a.m. | In the Vistoso Studio

The fun comes first and we guarantee there is a lot of it during this fitness program for kids ages 8-12! Games, dance, play and movement—it's all there and designed to make kids stronger, faster, and more agile.





Keeping Summer Safe and Fun

The Aquatics Team at Club Rancho Sahuarita

Summer season 2022 kicks off Memorial Day weekend in Rancho Sahuarita, with the Grand Opening of the Splash Park this year on May 28th & 29th. The Aquatics Team has been busy training, prepping, and planning for summer fun, including family days at the pool, swim lessons, special events (like the Family Fun Night), and more. With the goal in mind of making sure residents have a safe and fun summer while enjoying the pools in the community, the team is excited to kick off the season in full Rancho Sahuarita style.

40 Lifeguards and 5 Headguards make up the Aquatics Team at Club Rancho Sahuarita. Each lifeguard is required to be certified through the Red Cross with first aid and CPR training.

The 6 swim instructors that will teach Swim Lessons at Rancho Sahuarita are certified through the Red Cross and are trained to teach safety and swimming skills to all ages. The instructors teach children skill-appropriate swim techniques, as well as water safety techniques; including how to enter and exit the pool safely and making sure to apply sunblock as needed.

Aquatics Director, Marissa Telles explained that the lifeguards take their jobs very seriously. "The lifeguard

staff continuously supervises the pool area and ensure the safety and well-being of all residents and their guests."

She continued: "Every single person, including myself, is an American Red Cross certified Lifeguard. Throughout the summer we do in-service trainings as well as rescue drills to practice CPR and water rescue skills."

Headguard duties include responding to emergencies, caring for injuries, sudden illnesses and other medical emergencies and monitoring the weather. They also ensure the lifeguard stations are adequately staffed and monitored and perform random training sessions with lifeguard staff to ensure they are ready for an emergency should one arise.

Telles and her team are looking forward to a great summer season. "I'm super excited for the season to start. This is my 10th year with Rancho Sahuarita. I am really proud of the program we've built over the years, and can't wait to see our families out here having a blast when it all kicks off at the end of May!"



Summer In Rancho Sahuarita

RANCHO SAHUARITA BE WELL SUMMER CAMPS

Summer Camps will feature themed weeks with fun games, crafts, health and wellness, sports, nutrition and field trips.

Registration begins 8:00 a.m. Monday, May 9th for the following camps:

June 6th – 9th (ages 5–7) / June 13th – 16th (ages 8–12) / June 20th – 23rd (ages 5–7)

Registration Begins 8:00 a.m. Monday, June 6th for the following camps:

July 5th – 8th (ages 8–12) / July 11th – 14th (ages 5–7) / July 18th – 21st (ages 8–12)

Register on Active Net, space is limited to 30 participants per camp. Each individual will be limited to participating in one camp per summer

If you register your child for more than one camp they will be moved to the waiting list for the later camp to allow children that have not participated the chance to participate. You will be notified by the Health and Wellness Department by e-mail or phone when this occurs.

OPEN REC

Summer Open Rec Program

**Monday – Thursday, June 6th – July 7th
12:00 – 4:30 p.m. | Anza Trail School**

Rancho Sahuarita and SUSD have teamed up to offer an indoor alternative to the summer heat for children 6 to 13 years of age. Activities designed to engage children's creativity and encourage fitness through play will be available. This program requires the completion of a pre-registration form. Attendance will be offered on a drop-in basis, and a limit of 80 children

per day will be in effect. Children 10 years of age and older may come and go as desired. Children 6 to 9 years of age must be signed in and out. For additional guidelines and to pre-register, please visit Club Rancho Sahuarita or email Openrec@ranchosahuarita.com.

AQUATICS

Rancho Sahuarita is excited to offer swim lessons again this summer to our residents. All lessons will be held at the Main Pool at Club Rancho Sahuarita (15455 S. Camino Lago Azul).

Staff permitting, both group and private lessons will be available for all sessions.

Group Lessons: \$50.00, **Private Lessons:** \$70.00 (For eight 30-minute classes)

Space is limited! Registration is available on ActiveNet only.

Session Dates:

Session 1: June 6th - June 16th (Monday - Thursday) | 8:00 – 10:00 a.m.

Registration: Monday, May 23rd at 8:00 a.m. – Monday, May 30th at 5:00 p.m.

Session 2: June 20th- June 30th (Monday - Thursday) | 8:00 – 10:00 a.m.

Registration: Monday, June 6th at 8:00 a.m. – Monday, June 13th at 5:00 p.m.

Session 3: July 11th- July 21st (Monday - Thursday) | 8:00 – 10:00 a.m.

Registration: Monday June 27th at 8:00 a.m. – Monday, July 4th at 5:00 p.m.

Session 4: July 25th -August 4th (Monday - Thursday) | 8:00 – 10:00 a.m.

Registration: Monday, July 11th at 8:00 a.m. – Monday, July 18th at 5:00 p.m.



Creating a Better Life and Lasting Memories for All Families

Special Needs Programming at Rancho Sahuarita

In addition to offering unique amenities, events and programs to residents, Rancho Sahuarita is dedicated to continuously going above and beyond and to finding new and inventive ways to ensure that all residents are able to create a better life in the community.

For ten years, the Sahuarita Green Valley Family Support Network, now run by residents and community members, Jamie Comeau and Hania Medrano, has provided a support group for local families with kids, teen and adults with special needs. In 2012, the group first started as a Facebook page for parents to connect, after personal experience showed them the lack of many resources in the area. After an initial partnership with the United Way ended, they reached out to the team at Club Rancho Sahuarita sharing what they wanted to do for families in and around the community, and the types of events they wanted to hold. The team at Rancho Sahuarita eagerly agreed to help however possible.

Both Hania and Jamie have children of their own with special needs, and they share that “making this group something amazing was truly heartfelt and meant the world to us because we wanted to make a difference for families like our own!”

The partnership now allows for the occurrence of many special events throughout the year. Events over the years have included an annual Prom for Families of Children with Special Needs, a Holiday Party, an event for Autism Awareness Day (as Club Rancho Sahuarita is illuminated blue), a private Splash Park Day and more. These events allow the families to enjoy the spaces and event activities, without the typical crowds and noise that come with them.

Hania and Jamie said that they rely tremendously on the help of the team at Rancho Sahuarita, as well as donations from local residents and groups. Club Rancho Sahuarita provides the group with the spaces needed to host, which vary depending on the event, as well as some financial support. “We cannot say enough just how amazing they have been!”

Venessa McAdams, Lifestyle Director for Rancho Sahuarita also shared that “Part of our team’s dedication to Creating a Better Life is to make sure we find ways to do that for ALL families. Because of these events, we are able to help give those families lasting memories and these positive experiences in a way that works for them. It is truly an honor to be a part of it all.”

Jamie and Hania conclude that “Once upon a time we all felt alone in our journeys and at times even helpless. But with this group, we have made some amazing connections with other families going through the same struggles, not knowing where to begin to find services, doctors, therapists, they need. We read each other’s posts about struggles & triumphs, great days & days we just want to be over, smiles we see for the first time, words spoken that we never thought we’d hear, guiding each other in the right paths for IEP’s, evaluations, medications and more. ”

“We’ve made lifelong friends who just get it, and our kids have found a place where regardless of their different abilities and diagnosis, they simply belong!”

For more information or to reach the Sahuarita Green Valley Family Support Network, email sgvfn@gmail.com.

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