



Rim of The World Recreation and Park District

We Create Community Through People, Parks and Programs

26577 Hwy 18, Post Office Box 8, Rimforest, CA 92378

909-337-PARK (7275) www.rim-rec.org

Ongoing Youth Recreation Programs

Rimforest

- Tiny Tots Gymnastics
- Beginning Gymnastics
 - Hip-Hop Dance
- Beginning Combo Dance
- Beginning Tap & Ballet
- Beginning Tap & Jazz Combo
 - Primary I Ballet
- Beginning/Intermediate Ballet
 - Intermediate Jazz
 - Belly Dancing
 - Drama & Acting
 - Mixed Martial Arts
- Tumbling with Jane
 - CPR & First Aid
 - Beginning Hebrew

Running Springs

- Beginning Tumbling
- Tiny Tots Gymnastics
 - Hip-Hop Dance
- Beginning Combo Dance
- Beginning Tap & Ballet
 - Mixed Martial Arts

Twin Peaks

- Polynesian Dancing
- Japanese Karate-Do
 - Dog Training
- Mixed Martial Arts

Rim of the World High School

Rim Youth Competition
Cheer Practice

For a list of adult programs
go to www.rim-rec.org
or call 337-PARK

 Find us on
Facebook

Rim-Rec News

Exercise: Good for the Body—Good for the Brain

Now that summer vacation has ended, school-age families have turned their attention toward the new school year ahead. With resolutions not unlike New Years to have a more successful, healthier and less-stressful school year, parents fill their children's newly purchased backpacks with notebooks, paper, pencils and other essential school supplies. We all know that staying organized and prepared, establishing good study habits, getting a good nights rest and eating a healthy breakfast are vital keys to our children's academic success, however there is one component that is frequently overlooked—getting our kids moving.

There are a growing number of research studies that link physical activity with better academic performance. Most people know that exercise improves our body's health in a number of ways, but many people may not know that exercise also benefits our brain's health. Research shows that exercise enhances the capacity for learning by improving the connections between nerves in the brain, resulting in higher attention and better information-processing skills. Additionally, exercise reduces anxiety and depression, helps with memory retention, concentration and self-esteem, thus improving academic performance.

Rim of the World Recreation and Park District is committed to helping our kids get moving—all year long and have added more year-round classes and seasonal programs at a variety of locations and times to meet the needs of our community.

Sign ups Beginning Soon...

New Program – Rim Youth Volleyball

This is a recreational program for boys, girls and adults that want to learn this sport in a fun, safe and supervised environment. While the program teaches children the skills necessary to excel in the sport of volleyball, the focus remains on participation, cooperation, sportsmanship, responsibility and of course – FUN! Cost is \$50 per person and begins in September.

Rim Youth Basketball Program

Registration will begin on October 17, 2011. Games begin January 9, 2012. Volunteers are needed as well as coaches and assistant coaches. Call 337-PARK for more information or visit rim-rec.org.

Affordable, Licensed Preschool & Before/After School Programs

Before/After School programs offered at: CHE, LAE & GVE
Preschool facility is located in Rimforest.

Facility License #'s:

CHE 360908468 * GVE 364801031 * LAE 360909034 * SCC 360910659

Call or stop by the District Office for additional information:
909-337-PARK (7275) www.rim-rec.org

**ROW Recreation and Park District's next board meeting will be held on
Monday, September 26, 2011 at the Green Valley Lake Museum at 6:00pm.**