

2024 through 2025

ABQ Sports and Fitness Catalog

Fitness Knows No Age



Timothy M. Keller, Mayor
Anna M. Sanchez, Director

www.cabq.gov/seniors
Citizen Contact Center: 311

505-764-6400



**ONE
ALBUQUE
RQUE**

senior affairs

Dear Albuquerque,

It is our pleasure to introduce the latest ABQ Sports and Fitness Catalog, a comprehensive guide to the many ways you can stay active, healthy, and engaged in Albuquerque. Whether you're looking for new challenges, opportunities to connect with others, or just a fun way to stay fit, this catalog is your roadmap to thriving as you age.

Looking ahead to 2025, the Department of Senior Affairs is continuing to build on the success of its popular Sports & Fitness Program by expanding opportunities for people 50+ to embrace active and engaged lifestyles. These efforts underscore our commitment to ensuring that everyone in our community has access to fitness programs and activities that promote health, well-being and social connection.

This year's catalog is packed with opportunities, from pickleball tournaments and the Albuquerque 50+ Games to winter outdoor recreation, water exercise, aerobics, yoga, and strength training classes. Whether you prefer to challenge yourself on the court, explore the great outdoors, or enjoy the calming benefits of yoga, the City of Albuquerque has something for everyone.

Thank you for continuing to establish Albuquerque as a city that values vitality and connection at every stage of life. Let's make this year one of movement, growth, and community. We look forward to seeing you at one of our many programs, classes, or events!

Sincerely,



Timothy M. Keller, Mayor
The City of Albuquerque



Anna M. Sanchez, Director
*The City of Albuquerque,
Department of Senior Affairs*

Department of Senior Affairs



The City of Albuquerque Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than 30 years. Through innovative programs and quality services, we have evolved into an exemplary model, dedicated to enriching the lives of older adults. The Albuquerque 50+ Games are open to

those who are age 50 and up. Other programs, including Home-Delivered Meals, Transportation, and Care Coordination, have a minimum age of 60. Some services may request a contribution; however, no one will be denied services for not contributing.

ONE ALBUQUE ROQUE

City of Albuquerque

Timothy M. Keller, Mayor

The Department of Senior Affairs, Recreation Division operates the Sports & Fitness Program with partial funding from the Area Agency on Aging. Sports & Fitness Program headquarters are located at the Palo Duro Sports & Fitness Center at 3351 Monroe NE. The program designs and implements activities to keep all ages active and healthy.

Inquiries may be directed to Joel Mahoney, Program Supervisor, at 505-880-2800 or jmahoney@cabq.gov.

Anna M. Sanchez,
Director, Department of Senior Affairs

Angel Montoya,
Recreation Division Manager

Department of Senior Affairs Advisory Council

Steve Borbas	Evan Thompson
Louis Carlentine	Maria Martinez
Lorey Esquibel	Martha Medina
Heavens Levitt	Teresa Haering
Dubra Karnes-Padilla	Raymond Taylor
Henry Shoner	Shelia Hundley

City Councilors

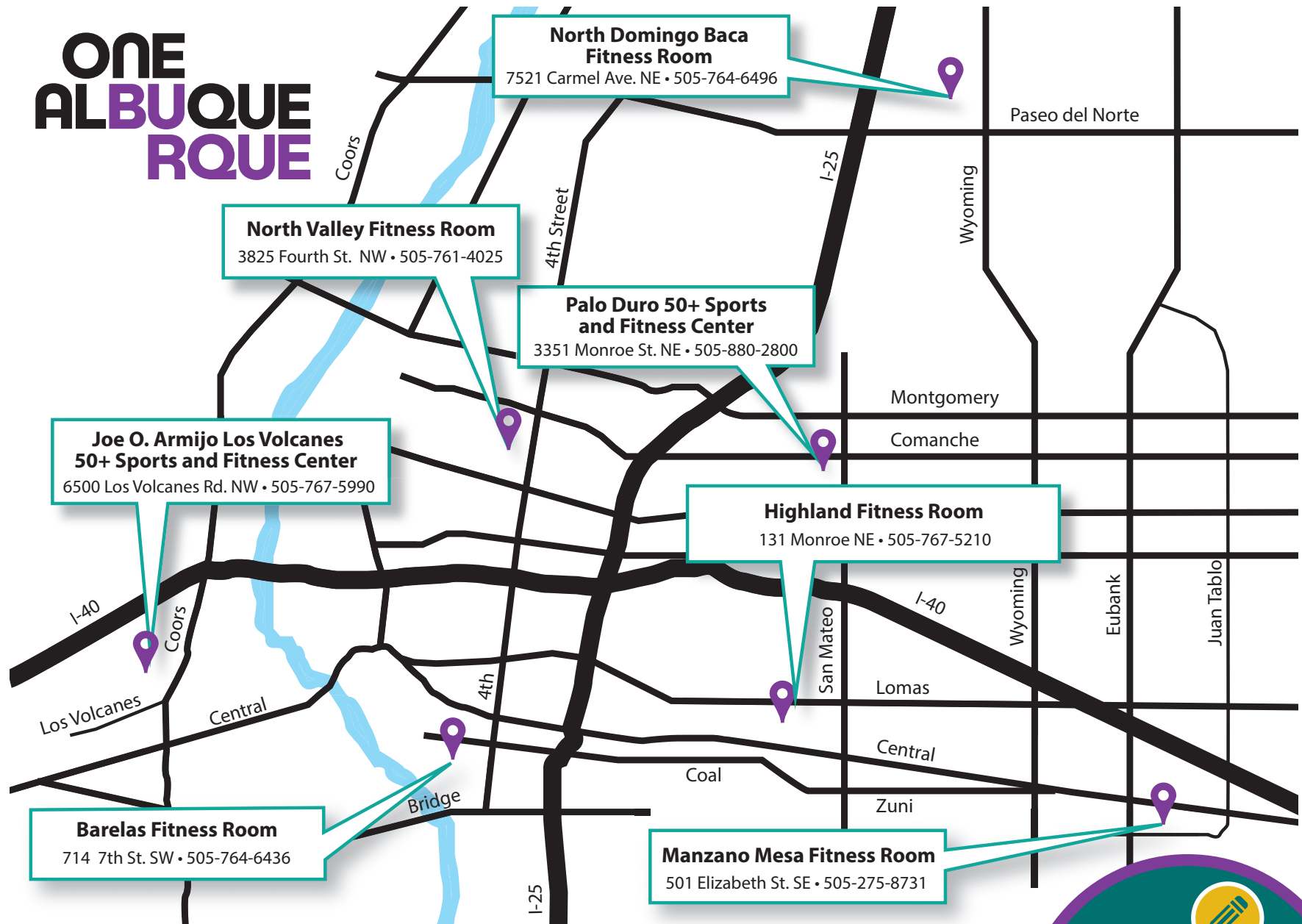
District 1 Louie Sanchez	District 6 Nicole Rodgers
District 2 Joaquin Baca	District 7 Tammy Fiebelkorn
District 3 Klarissa J. Peña	District 8 Dan Champine
District 4 Brook Bassan	District 9 Renée Grout
District 5 Dan Lewis	

Our Vision

To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

Our Mission

We are committed to providing resources with care and compassion that help our community thrive while embracing aging.



FITNESS FACILITIES

Barelas Fitness Room

714 7th St. SW, Alb., NM 87102
 Phone: 505-764-6436
 Fax: 505-764-6472
 Mon. – Fri. 8:00am – 5:00pm

Highland Fitness Room

131 Monroe NE, Alb., NM 87108
 Phone: 505-767-5210
 Fax: 505-767-5224
 Mon. – Fri. 8:00am – 5:00pm
 Wednesday 8:00am – 7:00pm
 Saturday 10:00am – 4:00pm

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center

6500 Los Volcanes NW,
 Alb., NM 87121
 Phone: 505-767-5990
 Mon. – Fri. 7:00am – 7:00pm
 Saturday 8:00am – 2:00pm

Manzano Mesa Multigenerational Center Fitness Room

501 Elizabeth St. SE, Alb., NM 87123
 Phone: 505-275-8731
 Fax: 505-275-8734
 Mon. – Fri. 8:00am – 9:00pm
 Saturday 9:00am – 3:00pm

North Domingo Baca Multigenerational Center Fitness Room

7521 Carmel Ave. NE, Alb., NM 87113
 Phone: 505-764-6496
 Mon. – Fri. 8:00am – 9:00pm
 Saturday 9:00am – 3:00pm

North Valley Fitness Room

3825 4th St. NW, Alb., NM 87107
 Phone: 505-761-4025
 Fax: 505-761-4031
 Mon. – Fri. 8:00am – 5:00pm
 Tuesday 8:00am – 7:00pm
 Sunday 12:30pm – 5:00pm



Palo Duro 50+ Sports & Fitness Center

3351 Monroe NE, Alb., NM 87110
 Phone: 505-880-2800
 Mon. – Fri. 7:00am – 7:00pm
 Saturday 8:00am – 2:00pm




**REGISTRATION
 BEGINS:**
Dec. 13, 2024

In this Catalog

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Center Memberships

Membership offers fitness programs as well as classes, travel, meals, computer labs, volunteer opportunities, competitive sports events and much more at six Senior Centers, seven Fitness Centers and three Multigenerational Centers.



If at any time you would like additional information on how to access services, please call **Senior Information and Assistance Program** at **505-764-6400**.

Center Closings

Christmas	Wednesday, Dec. 25, 2024
New Year's Day	Wednesday, Jan. 1, 2025
MLK Jr. Birthday	Monday, Jan. 20, 2025
President's Day	Monday, Feb. 17, 2025
Memorial Day	Monday, May 26, 2025
Juneteenth	Thursday, June 19, 2025
Independence Day	Wednesday, July 4, 2025
Labor Day	Monday, Sept. 1, 2025
Indigenous Peoples Day	Monday, Oct. 13, 2025
Veteran's Day	Tuesday, Nov. 11, 2025
Thanksgiving Day	Thursday & Friday, Nov. 27 & 28, 2025



Accredited by 
 National Institute of
 Senior Centers

Volunteer Opportunities

You can gain the satisfaction of helping others improve their health and fitness level! The Sports & Fitness Program offers a variety of volunteer opportunities. Senior Volunteers are encouraged to join the Retired and Senior Volunteer Program (RSVP). All volunteers receive training from the Sports & Fitness staff.

Water Exercise

Volunteers are needed to serve as substitute instructors.

Albuquerque 50+ Games and the Compete & Meet Games

Our competitive games need volunteers to coordinate or assist the sporting events.

Drivers

Volunteer drivers are needed to drive the participants to and from different program activities.

Exercise Classes

We are always looking for volunteers who are interested in being trained to lead exercise classes. Volunteers may serve as substitute exercise instructors and help with attendance reports.

Winter Sports

Volunteers are needed to help lead downhill skiing. Volunteers drive vans and help with loading equipment.

Walking & Hiking

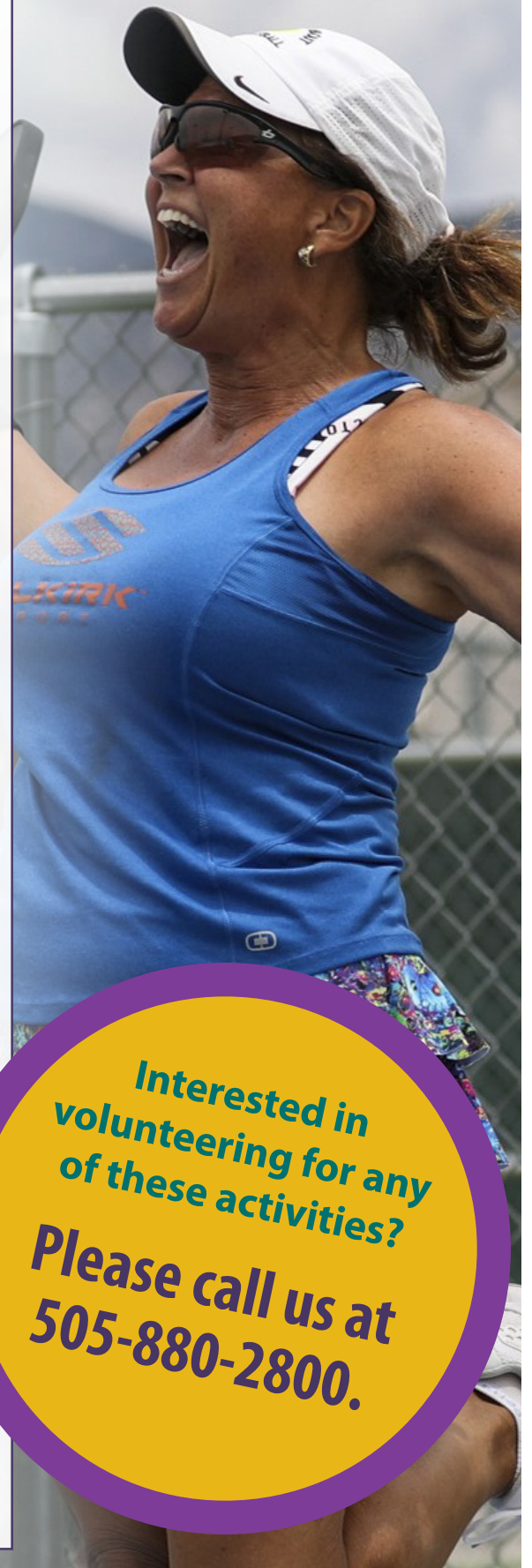
We are also looking for volunteers to help lead walking and hiking trips. Volunteers may drive the van and/or help the program coordinator with equipment and trip logistics.

Fitness Room Orientations

Volunteer Orientation Coaches, will receive training by our staff to teach participants safe and effective equipment use.

Orientation Coaches are needed at these sites:

1. Palo Duro 50+ Sports & Fitness Center: 3351 Monroe NE, Alb., NM 87110
• 505-880-2800
2. Manzano Mesa, Fitness Room: 501 Elizabeth SE, Alb., NM 87123 • 505-880-2800
3. North Valley, Fitness Room: 3825 4th Street NW, Alb., NM 87107 • 505-880-2800
4. Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center:
6500 Los Volcanes NW, Alb., NM 87121 • 505-767-5990
5. North Domingo Baca, Fitness Room: 7521 Carmel Ave. NE, Alb., NM 87113
• 505-764-6496
6. Highland, Fitness Room: 131 Monroe NE, Alb., NM 87108 • 505-880-2800



Interested in
volunteering for any
of these activities?
Please call us at
505-880-2800.

Winter Recreation

WINTER SPORTS DAY TRIPS

Thursday Downhill Skiing & Snowboarding Trips

Skiing and Snowboarding Trips:
We do the driving and you hit the slopes at Santa Fe ski area.

10 trips from January 9 – March 13, 2025

Volunteer Drivers needed for this program to operate.

Check-In: 7:00am Depart: 7:30am
Return: 5:00pm

Downhill skiers and snowboarders must purchase own lift ticket.

Important Information

Trips leave from Palo Duro 50+ Sports & Fitness Center

3351 Monroe NE

For more info or to register call
505-880-2800

Current membership is required.

Important Information

Three or more trip no shows without prior 24 hour cancellation, will result in a removal from all trips.

Summer Recreation

We are excited to be bringing back hiking in the spring of 2025 with trips leaving on Monday, Wednesday, and Friday. Please check with Palo Duro Sports and Fitness Centers for trip schedules and more information in March.

Registration Information

Schedule & Trip Policies

1. **Registration begins on Dec. 13, 2024 starting at 8:00am.**
2. Must have a current DSA membership to participate and register for trips.
3. North Domingo Baca Fitness Center and Los Volcanes Sports and Fitness Center will accept winter registration on this day ONLY until 12:00pm.
4. Limited to two registration forms per person.
5. All trips are subject to change or cancellation due to inclement weather.
6. Registrations for Outdoor Recreation are on a first come, first served basis.
7. Participants must stay with the group on all trips. No exceptions!
8. Cancellations for day trips will require a minimum 24 hr. notice.

Online Registration is Now Available for our Trips.

1. To register on-line go to play.cabq.gov
2. Once logged in you can update your household information and username and password.
3. To register for programs, you will open Sports & Fitness and then find Senior Affairs Sports & Fitness. Then open up Winter /Summer recreation trips and pick the ones you want to register for.

For more information,
call 505-880-2800





The 2025 "Compete & Meet" Games

PICKLEBALL TOURNAMENT

Join us for great competition. There is something for everyone no matter what skill level you are! Pickleball is the fastest growing sport in America! Try it and find out why!

Manzano Mesa Outdoor Courts

October 17, 18, 19, 2025

Registration Deadline is Friday, October 10, 2025

GET UP AND MOVE CHALLENGE

Senior Affairs Sports & Fitness challenges you to walk, run or swim to begin a healthier you in 2025. All you need is a way to measure your distance: Fitbit, smart watch, pedometer, or track your miles while using fitness equipment monitors such as treadmills, or elliptical!

Top 3 participants in each category with the most total miles will win a prize.

Report your total distance every Monday to the front desk of one of the centers below and see your progress each week.

Challenge will last 8 weeks (Starts February 10 to April 6, 2025)

Sign up starts Tuesday, January 21, 2025

Los Volcanes 50+ Sports & Fitness Center – 505-767-5990

Palo Duro 50+ Sports & Fitness Center – 505-880-2800

North Domingo Baca Sports & Fitness Center – 505-764-6496





Albuquerque 50+ Games

DEADLINE FOR ENTRIES: One week prior to event

Get Fit for the Competitions!

The Sports & Fitness Program offers ongoing exercise classes and “state-of-the-art” weight rooms available for you to train for your events.

Registration

One registration form covers all events for the 2025 Albuquerque 50+ Games. Completed Registration forms can be submitted to the following Fitness Centers: North Domingo Baca, Los Volcanes or Palo Duro Sports and Fitness Centers.

Registration requires a current Department of Senior Affairs membership.

Online Registration is Now Available.

1. To register on-line go to play.cabq.gov
2. Once logged in you can update your household information and username and password.
3. To register for programs, you will open Sports & Fitness and then find Senior Affairs Sports & Fitness. Then open up ABQ 50+ Games and pick the ones you want to register for.

Final Deadline

One week prior to event. Registration deadline for swimming is Wednesday, February 5, 2025.

Location

The Albuquerque 50+ Games are held at a number of Albuquerque locations. Find your event location in this catalog.

Eligibility

The Albuquerque 50+ Games is an event open to all people who are at least 50 years of age by December 31, 2025, and have a current membership to the Department of Senior Affairs.

Attendance

We do not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive before the event time. Times and locations are subject to change and participants will be notified in these cases.

Partners/Teams

Your doubles partner and/or each team member must register separately.

Refunds

NO REFUNDS AFTER June 20, 2025.

Awards

First, second and third place winners are awarded medals at the conclusion of their events.

Age Divisions

In singles events, participants may not play up or down in age, but must play in their own age group. Age categories:

50-59	70-79	90-99
60-69	80-89	100+

Age division for doubles, mixed doubles and team competition will be determined by the age of the younger partner as of December 31, 2025.

50+	60+	70+	80+
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Volunteers Needed

Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed. Please call the Albuquerque 50+ Games Center at 505-764-6495 if you would like to volunteer.

Medical

It is strongly recommended that all participants receive a medical clearance prior to competition. It is also required that the liability waiver on the registration form be completed and signed.

Fees

DSA Membership	\$20
Registration	\$12

Golf Fees: (Men & Women)

\$34 (subject to change)
Mandatory cart included

Pay at Arroyo Del Oso Golf Course

Bowling, per event\$8.00
(subject to change)

Pay at Skidmore's Holiday Bowl



Deadline for entry is one week prior to event. Deadline for Swimming is Wed. Feb. 5, 2025.

Albuquerque 50+ Games Competition & Workshop Schedule

Sports	Events	Date	Time	Location	Coordinator — Phone
Air Gun	Competition: Pistol Standing, Pistol Supported, Rifle Standing, Rifle Supported	Sat., Jan. 11, 2025	9:00am	Eldorado High School	Jim Koerber 505-296-4871 Ext. 35145
Badminton	Competition: Singles, Doubles & Mixed Doubles	Tue., Feb. 11, 2025	6:00pm	North Domingo Baca	PDSFC 505- 880-2800
Bowling	Competition: Singles Competition: Doubles Competition: Mixed Doubles Competition: Team Bowling	Tues., Mar. 4, 2025 Wed., Mar. 5, 2025 Thu., Mar. 6, 2025 Thu., Mar. 6, 2025	10:00am	Skidsmore's Holiday Bowl	PDSFC 505- 880-2800
Field Events	Competition: High Jump, Discus, Javelin & Shot Put	TBA	TBA	La Cueva High School	PDSFC 505-880-2800
Golf	Competition: Men's 18 Hole Scratch Competition: Women's 18 Hole Scratch	Wed., Apr. 16, 2025	TBA	Arroyo del Oso Golf Course	PDSFC 505-880-2800
Pickleball	Competition: Singles Competition: Doubles Competition: Mixed Doubles	Fri., June 13, 2025 Sat., June 14, 2025 Sun., June 15, 2025	10:00am 8:00am 8:00am	Manzano Mesa Outdoor Pickleball Courts	Gary Rutherford 505-507-3663
Powerwalk	Competition: 5K Powerwalk	Sat., Apr. 5, 2025	9:00am	Balloon Fiesta Park	PDSFC 505-880-2800
Powerwalk	Competition: 1500m	TBA	TBA	La Cueva High School	PDSFC 505-880-2800
Racewalking	Competition: 5k	Sat., Apr. 26, 2025	9:00am	Balloon Fiesta Park	PDSFC 505-880-2800
Racewalking	Competition: 1500m	TBA	TBA	La Cueva High School	PDSFC 505-880-2800
Roadrace	5K / 10K	Sun., April 27, 2025	9:00am	Balloon Fiesta Park	Magi Ezzard 505-880-2800
Shuffleboard	Competition: Singles/Doubles	Tue., Feb. 25, 2025	10:00am	Manzano Mesa Multigenerational Center	PDSFC 505-880-2800
Swimming	Warmup/Check In - Competition: Breaststroke: 50, 100; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100; Indiv. 100, 200 (4 Stroke, 1 Swimmer); Relay Medley: 200 (Open Strokes, 4 Swimmers)	Sat., Feb. 22, 2025 Note: Deadline to register is Wednesday Feb. 5, 2025	Check in/Warm up 7:30am Meet 8:30am	West Mesa Aquatics Center	PDSFC 505-880-2800
Table Tennis	Competition: Singles Doubles Mixed Doubles	Sat., Feb. 8, 2025	9:00am	Bear Canyon Senior Center	PDSFC, Marv Summers 505-880-2800
Tennis	Competition: Singles Doubles Mixed Doubles	Tue., May 13, 2025 Tue., May 20, 2025 Tue., May 27, 2025	9:00am	Jerry Cline Tennis Courts	PDSFC 505- 880-2800
Track	Competition: 50m, 100m, 200m, 400m, 800m, 1500m & 4 x100m Relay	TBA	TBA	La Cueva High School	PDSFC 505-880-2800
Cornhole	Cornhole Competition: Singles/Doubles	TBA	TBA	TBA	PDSFC 505-880-2800

Albuquerque 50+ Games Registration Form (1)

WAYS TO REGISTER

Register at any Sports and Fitness Center in person.

By Mail

Mail Form to: Palo Duro 50+ Sports and Fitness Center, 3351 Monroe St. NE, Albuquerque NM 87110, Make Checks Payable to the City of Albuquerque.

Deadline for entry is one week prior to event.
Swimming deadline is Wednesday, February 5, 2025

Name _____

Last First Middle

Address _____

Street City

State Zip

Home Phone _____

Cell Phone _____ Email _____

I am interested in volunteering with the Sports and Fitness Program

Emergency Contact _____

Name Relationship

Phone _____

Age (as of Dec. 31, 2025) _____ Male Female

Date of Birth ____/____/____

Signature _____

By completing this registration, I agree to abide by all the rules and regulations.

REGISTRATION FEES:

Event Registration Fee\$12
Includes t-shirt and awards

DSA Membership (required)\$20

ADDITIONAL FEES:

Bowling Fee: No. of events x \$8.00
(\$8.00 per event) Pay at Skidmore's
Holiday Bowl (fees subject to change)
Singles, Doubles, Team or Mixed Doubles

Golf Fee

Men's & Women's Golf Fees

\$34 (Fees Subject to change)

All ages 50+: Mandatory cart is included

Pay at Arroyo Del Oso Golf Course

TOTAL AMOUNT ENCLOSED ...\$ _____

For more information:

Palo Duro 50+ Sports Fitness Center
3351 Monroe NE,
Albuquerque, NM 87110
505-880-2800



Albuquerque 50+ Games Registration Form (2)

AIR GUN

- Pistol Standing
- Pistol Supported
- Rifle Standing
- Rifle Supported

BADMINTON

- Singles Doubles
- Partner: _____
Must register separately

- Mixed Doubles
- Partner: _____
Must register separately

BOWLING (BOWLING FEES)

- Singles Doubles
- Partner: _____
Must register separately

- Mixed Doubles
- Partner: _____
Must register separately

- Team Bowling
- _____
- Must register separately

Bowling Team Name (4 members, same sex). Each individual must complete a registration form and team captains must furnish a team roster.

GOLF

- 18 Hole Scratch



PICKLEBALL

- Singles
- Doubles
- Partner: _____
Must register separately

- Mixed Doubles
- Partner: _____
Must register separately

RACEWALKING

- 5K
- 1,500m

POWERWALKING

- 5K
- 1,500m

ROAD RACE

- 5K Run
- 10K Run

SHUFFLEBOARD

- Singles Doubles
- Partner: _____
Must register separately

CORNHOLE

- Singles Doubles
- Partner: _____
Must register separately

SWIMMING

- 200 Medley Relay
- 50 Free
- 100 Free
- 200 Free
- 500 Free
- 50 Backstroke
- 100 Backstroke
- 200 Backstroke
- 50 Breaststroke
- 100 Breaststroke
- 100 IM
- 200 IM
- 50 Butterfly
- 100 Butterfly

Group Name _____
Must register separately
Swimming deadline Wed., Feb. 5, 2025

TABLE TENNIS

- Singles Doubles
- Partner: _____
Must register separately

- Mixed Doubles
- Partner: _____
Must register separately

TENNIS

- Singles Doubles
- Partner: _____
Must register separately

- Mixed Doubles
- Partner: _____
Must register separately

TRACK & FIELD:

- 50m
- 100m
- 200m
- 400m
- 800m
- 1500m
- 4x100m relay
- high jump
- long jump
- discus
- javelin
- shot put



Albuquerque 50+ Games | Open Gyms

Call Palo Duro 50+ Sports & Fitness Center at **505-880-2800** if you need more information on an activity/event.

AIR GUN

Air Gun Practices

For beginners interested in learning the sport of Air Guns or those that would like to hone their skills for competition. Begins in January (by reservation).

Eldorado High School, Rifle Range

Contact: Major Jim Koerber, Senior Instructor, Eldorado High School JR ROTC at 505-296-4871, Ext. 35145

Air Gun Competition

Saturday: January 11, 2025, 8:00am

BADMINTON

Badminton Competition

Tuesday: February 11, 2025, 6:00pm

North Domingo Baca, Gym: 7521 Carmel Ave NE

Call Palo Duro Sports & Fitness: 505-880-2800

Badminton Practice and Play

This fun sport provides an opportunity to participate in a program which is beneficial to both your physical and mental well-being. It also provides cardiovascular benefits, as well as weight-bearing exercise needed for musculoskeletal health. This is competitive badminton — a demanding sport.

Manzano Mesa, Gym

Please call Manzano Mesa for most up to date times and schedule for open play.

North Domingo Baca, Gym

Please call North Domingo Baca for the most up to date times and schedule for open play.



BASKETBALL

Open/Drop-In Basketball

Offered every day of the week (Mon.-Sat.) at the times listed below. Teams are formed as participants show up and sign in.

Manzano Mesa, Gym

Please call Manzano Mesa for most up to date times and schedule for open play.

North Domingo Baca, Gym

Please call North Domingo Baca for the most up to date times and schedule for open play.

Senior Men's Basketball 55+

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with a lot of action and exercise.

Manzano Mesa, Gym

Please call Manzano Mesa for most up to date times and schedule for open play.

North Domingo Baca, Gym

Please call North Domingo Baca for the most up to date times and schedule for open play.

Albuquerque 50+ Women's Basketball Program

Senior Women's Basketball | Canyon Nets Basketball Program

Open to all women 50+. No prior experience required. Please check website for most up to date schedule.

*Information: NM Senior Sports Foundation,
505-269-5952 or website
www.senior-sports.org*

New Mexico Senior Olympics Basketball Tournament

Dates, times and location will be announced at later date.

For information contact New Mexico Senior Olympics,
1-575-623-5777, 1-888-623-6676

www.nmseniorolympics.org



BOWLING

Bowling Competition

Skidmore's Holiday Bowl

Tuesday: March 4, Singles 10:00am

Wednesday: March 5, Doubles 10:00am

Thursday: March 6, Mix Doubles followed by Team 10:00am

Additional fees apply to the Bowling Competition. \$8.00/event paid at Skidmore's Holiday Bowl at the time of event. (Fees subject to change.)

*Coordinator: Palo Duro Sports & Fitness:
505-880-2800*



GOLF

Golf Competition

Hosting both the men's and women's golf competitions. Participants will be called with their tee times.

Green fees, including carts, will be \$34.00 for 18 holes. (Fees subject to change.)

Fees to be paid at Arroyo Del Oso Golf Course

The tournament is a scratch event, no handicap.

Wednesday: April 16, 2025

Arroyo del Oso Golf Course, 7001 Osuna Rd NE

*Coordinator: Palo Duro Sports & Fitness:
505-880-2800*

PICKLEBALL

Pickleball Tournament

Friday: June 13, 10:00am
Singles

Saturday: June 14, 8:00am
Doubles

Sunday: June 15, 8:00am
Mix Doubles

Manzano Mesa Outdoor Pickleball Courts

Coordinator: Garry Rutherford, Palo Duro Sports & Fitness Center 505-880-2800.

Compete & Meet Pickleball Tournaments

See Compete and Meet Games on page 5.

Open Pickleball

Times and locations are subject to change. Please check website for most up to date information. www.abqpickleball.com

Pickleball Training

Manzano Mesa, Gym

Please call Manano Mesa for most up to date times and schedule.

North Domingo Baca, Gym

Please call North Domingo Baca for most up to date times and schedule.



RACEWALKING

Racewalking

Racewalking appeals to many people because they can successfully participate and enjoy doing a sport! Try it for yourself and see how much fun this activity can be.

New Mexico Racewalkers weekly training at Tingley Beach, Saturdays: 8:00am

*If you are interested in learning how to racewalk, participate in racewalking, or would like to join the practices, call Arthur at 505-414-3934
www.newmexicoracewalkers.org.*

Racewalking & Competition

5K Racewalk

Saturday: April 26, 2025, 9:00am

Balloon Fiesta Park

Coordinator: Lenny Krosinsky, Palo Duro Sports & Fitness Center 505-880-2800.

1500m Racewalking

TBA

La Cueva High School

Powerwalking Competition

5K Powerwalk

Saturday: April 5, 2025 9:00am

Balloon Fiesta Park

Coordinator: Palo Duro Sports & Fitness Center 505-880-2800.

1500m Powerwalking

TBA

La Cueva High School

ROADRACE

Roadrace 5K and 10K Competition

This is an invitation to all the weekend runners to get recognition for your hard work.

Sunday: April 27, 2025

Location: Balloon Fiesta Park

Coordinator: Magi Ezzard, Palo Duro Sports & Fitness, 505-880-2800.

Both races start together.

SHUFFLEBOARD

Shuffleboard Competition

February 25, 2025, 10:00am

Manzano Mesa, Gym

Coordinator: Palo Duro Sports & Fitness 505-880-2800

Silver Shufflers Shuffleboard

Come learn a new sport or hone your skills and play a friendly match. Shuffleboard is one of the most popular non-cardiovascular sports around! It is learned quickly and uses the techniques of 8 ball pool on a larger floor court. All equipment and instruction is provided.

Manzano Mesa, Gym

Please call Manzano Mesa for the most up to date times and schedule for open play.

Information: New Mexico Sports Foundation 505-269-5952.

Website: www.senior-sports.org

SWIMMING

Swimming Competition

Saturday: February 22, 2025
Deadline to enter is Wednesday:
February 5, 2025
Warm-up begins at 7:30am
Meet begins at 8:30am

West Mesa Aquatics Center,
6705 Fortuna Road NW

Coordinator: Palo Duro Sports & Fitness
 505-880-2800

Recreational Swimming

The City of Albuquerque Parks and Recreation Department offers recreational swimming, water exercise, swimming lessons and lap lane times open to the public.

For most up to date fees and info. call the Parks and Recreation Department at 505-768-5342, or visit www.cabq.gov/aquatics.

SOFTBALL

Men's Master 65+ League

League play is held on Tuesday and Thursday mornings from April to September. Practices start as early as February.

If you are interested in playing or adding a team to the league

Contact: Bill Dubuque 505-977-2609.

League Play (SWSL)

50+ Senior Women's league rules are modified to use National Senior Games Rules. Play is held on Mondays. Spring, Summer and Fall Leagues offered.

Contact: New Mexico Sports Foundation
 505-269-5952. www.senior-sports.org

Men's 50+ Softball League (ASSL)

League play runs from April through September on Tuesday and Thursday mornings. Practices start in March. If you turn 50 during the year, you are eligible to play.

If you are interested in playing on an existing team, or forming your own team, please leave a message for Steve Holliday at 505-228-8126.

Silver Gloves

Women 50+ are welcome to join and no experience necessary. Practices are held year round and opportunity to participate at out-of-state tournaments. Organization meeting is held in January to enroll players for leagues.

Contact: New Mexico Sports Foundation
 505-269-5952. www.senior-sports.org

New Mexico Senior Olympics Softball Tournament

State competition only. Dates, times and location will be announced at a later date.

For information contact New Mexico Senior Olympics, 1-575-623-5777 or 1-888-623-6676. www.nmseniorolympics.org

TABLE TENNIS

Table Tennis Competition

Saturday: February 8, 2025,
9:00am

Bear Canyon Senior Center,
4645 Pitt NE, 87111

Coordinator: Marv Sommers,
Palo Duro Sports & Fitness Center
 505-880-2800.

TENNIS

Tennis Tournament

You don't have to be Serena Williams to enjoy playing in our Albuquerque 50+ Games tournament. Athletes will compete in Singles, Doubles and Mixed Doubles.

SINGLES

Tuesday: May 13, 2025, 9:00am

DOUBLES

Tuesday: May 20, 2025, 9:00am

MIXED DOUBLES

Tuesday: May 27, 2025, 9:00am

Coordinator: Palo Duro Sports & Fitness
 505-880-2800.



New Mexico Senior Sports Foundation

Please contact the NM Senior Sports Foundation at 505-269-5952, or go to their website at www.senior-sports.org. Find your sport, plan to attend, learn the basics, and enjoy how to stay healthy by staying active! Get up and go!

TRACK

Track & Field Competition

TBA

La Cueva High School

VOLLEYBALL

New Mexico Senior Olympics Volleyball Competition

Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777 or 1-888-623-6676 www.nmseniorolympics.org



Volleyball Pick-up Games

Join the volleyball players for drop-in volleyball matches.

Manzano Mesa, Gym

Please call Manzano Mesa for most up to date times and schedule for open play.



Exercise Classes

AQUATICS

Water Exercise — Due to renovations class will resume May of 2025

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength.

Registration is done by lottery. Lottery forms are available at all the Senior Centers, Multigenerational Centers, and Sports and Fitness Centers. Lottery forms can be picked up starting on the 10th of every month and have to be returned by the 15th of every month to be eligible for the lottery.

Class sessions are as follows:

SESSION 1:

**Monday, Wednesday & Friday:
9:00am–10:00am**

Number of classes: 3 classes/week

Transportation: provided from all 6 Albuquerque senior centers. Self-drivers are also welcome, but must pre-register.

SESSION 2:

Monday & Friday: 1:15pm–2:15pm

Number of classes: 2 classes/week

Transportation: provided from all 6 Albuquerque senior centers. Self-drivers are also welcome, but must pre-register.

SESSION 3:

Tuesday & Thursday: 9:00am–10:00am

Number of classes: 2 classes/week

Transportation: provided from the Palo Duro 50+ Sports & Fitness Center. Self drivers are also welcome, but must pre-register.

Albuquerque Parks and Recreation Department offers a wide variety of water exercise classes and lap swim at their indoor aquatic facilities.

For more Information call the Parks and Recreation Department at 505-768-5353, or visit www.cabq.gov/aquatics.

MOVEMENT

Aerobics

These fun, low impact aerobics classes combine energizing music with a routine designed to strengthen the cardiovascular system. For beginners to advanced exercisers; everyone works at their own pace. Burn calories and get a great workout.

Highland, Room 8

**Monday, Wednesday & Friday:
9:00am–10:00am**

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room

**Monday, Wednesday & Friday:
8:00am–9:00am**

Manzano Mesa, Gym

**Monday, Wednesday & Friday:
8:15am–9:15am**

N. Domingo Baca, Gym

**Monday, Wednesday & Friday:
8:15am–9:15am**

La Blast

Fitness Classes Powered by Dance
N. Domingo Baca, Aerobic Room
Monday: 9:00am–10:00am
Thursday: 10:00am–11:00am
 Cost: \$5 per class

Hula

Hawaiian Culture and Hula Dance
N. Domingo Baca, Aerobic Room
Monday & Wednesday:
5:30pm–6:45pm
 Cost: \$35/ 4 classes

Hula: Intro to Hula

Hawaiian Culture and Hula Dance
N. Domingo Baca, Aerobic Room
Monday: 3:00pm - 4:30pm
 Cost: \$35/ 4 classes

Gentle Exercise

Performed primarily in a chair. The focus is on resistance training to build strength. Equipment such as small balls and bands are used to make the exercises interesting and challenging.

Highland, Room 8

Monday, Wednesday & Friday:
10:15am–11:15am

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room

Monday, Wednesday & Friday:
9:15am–10:15am

Manzano Mesa, Gym

Monday, Wednesday & Friday:
9:30am–10:30am

North Domingo Baca, Gym

Monday, Wednesday & Friday:
9:30am–10:30am



Flex & Tone

This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core.

Highland, Room 8

Tuesday & Thursday: 8:15am–9:15am

North Domingo Baca, Gym

Tuesday & Thursday: 8:15am–9:15am

Fitball

Strengthen and tone your whole body using exercises that combine stability balls and free weights. Good for improving posture, balance, and flexibility all while challenging your core. This class is for the **intermediate fitness level**. Must be able to get up and down from the floor and be able to sit on a stability ball.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room

Monday & Friday: 10:30am–11:30am

Instructor: Leslie Herman

New Mexico Folk & Latin Dance

Receive instruction on New Mexican, Mexican and contemporary Latin dances. Athletic shoes must be worn to participate. Looking for more dancers.

North Domingo Baca, Aerobic Room

Wednesday: 9:30am–11:00am

Instructor: Frances Lujan

Zumba Gold Toning

Designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room

Tuesday & Thursday: 9:30am–10:30am

Cost: \$3

Instructor: Theresa Galvan

Pilates

Learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room

Tuesday & Thursday: 10:45am–11:45am

Cost: \$5

Instructor: Thea Muehlenweg

Yoga – Strength & Alignment

This class works on proper alignment to build strength and flexibility incorporating breath and mind/body awareness. All practice levels are invited.

Palo Duro 50+ Sports & Fitness Center, Aerobics Room

Monday: 11:00am–12:00pm

Fee: \$10 per class

Instructor: Mindy Caplan

Yoga For Well Being

Improve balance, posture, and confidence with yoga.

Joe O. Armijo Los Volcanes, 50+ Sports and Fitness Center, Aerobic Room

Thursday: 2:15pm–3:15pm

Saturday: 9:00am–10:00am

Cost: \$5/class

Instructor: Denise

Chair Yoga

Gentle yoga for every body and every ability. Strength, flexibility, balance, and mindlessness.

Palo Duro 50+ Sports & Fitness Center, Aerobics Room

Monday: 3:30pm–4:30pm

Instructor: Toby Palley

Gentle Yoga

Experience the profound benefits of strength, flexibility, and balance is for every body and every ability.

Palo Duro 50+ Sports & Fitness Center, Aerobics Room

Tuesday & Thursday: 10:15am–11:15am
Wednesday: 5:30pm–6:30pm

instructor: Toby Palley

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobics Room

Tuesday: 12:30pm–1:30pm

instructor: Toby Palley

Restorative Yoga

A restful practice that is all about slowing down and opening your body through passive stretching.

North Domingo Baca, Aerobic Room

Tuesday: 4:30pm–5:30pm

Cost: \$10/class

Instructor: Barbara

Vinyasa Flow Yoga

Flowing Vinyasa-based class threads together the mind, body and spirit.

North Domingo Baca, Aerobic Room

Tuesday: 9:30am–10:30am

Saturday: 9:00am–10:15am

Cost: \$10/class

Instructor: Misa

Aikido

A non-aggressive style of martial arts working on the principle: “do not fight force with force.” Redirect the attacker’s energy and use it to your favor.

North Domingo Baca, Aerobic Room

Tuesday & Thursday: 6:00pm–7:30pm

Cost: \$5/class

Qi Gong

Healing practice that combines meditation, controlled breathing and gentle movement.

Palo Duro 50+ Sports & Fitness Center, Aerobics Room

Friday: 12:00pm–1:00pm

Cost: \$5/class

Instructor: Diane Chase

American Kenpo Karate

North Domingo Baca, Aerobic Room

Monday: 10:30am–12:00pm

Wednesday: 11:30am–1:00pm

Friday: 9:00am–11:00am

Free

Kung Fu

Chinese Martial Art from concentration and self discipline

North Domingo Baca, Aerobic Room

Saturday: 10:30am–12:30pm

Free

Tai Chi

Enjoy this series of gentle physical exercises and stretches.

Palo Duro 50+ Sports & Fitness Center, Aerobics Room

Tuesday: 1:00pm–2:00pm

Instructor: Lucy Salazar

Tai Chi for Arthritis

Recommended by the Centers for Disease Control and Prevention; this evidence-based falls prevention exercise program improves muscle strength, flexibility, balance and mobility while reducing joint pain and stiffness. Medical studies show the program to relieve arthritis pain in patients, prevent falls in older adults and improve overall health. Must be registered to attend this 8-week class.

Joe O. Armijo Los Volcanes Sport & Fitness Center, Aerobics Room

Jan. 8 – Feb. 26, 2025

Wednesday: 10:30am–11:30am

Highland Senior Center, Room 8

March 12 – April 30, 2025

Wednesday: 1:30pm–2:30pm

Instructor: Lucy Salazar



“Exercise is the fountain of youth!”

— Helena Kirkwood

FITNESS

Fitness Room Orientation

Fitness orientation is an information session, providing the basics of how to use the weight machines and cardio equipment.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center

Call 505-767-5990 for appointment

Manzano Mesa, Fitness Room

Call 505-880-2800 for appointment

North Domingo Baca, Fitness Room

Call 505-764-6496 for appointment.

North Valley, Fitness Room

Call 505-880-2800 for appointment

Palo Duro, 50+ Sports & Fitness Center

Call 505-880-2800 for appointment

Physical Therapy Talks

30–60 minutes (*depending on the topic*) of informal talks covering details of anatomy and physiology to help individuals maximize exercise effectiveness, minimize risk of injury and optimize functional movements. If there is interest, talks can address how to assist someone with movement of establishing different types or exercise programs (*ex: high intensity interval training, strengthening, cardiovascular etc.*).

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobics Room

January 2025 through October 2025
1st Monday of the Month.

(*if the 1st Monday falls on a Holiday, the class will be held the 2nd Monday of that month*)

11:45am–12:45pm

Instructor: Leslie Herman, PT (NM lic#1699)

Body Fat Vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. Visit one of our fitness facilities below for a free personal assessment.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center

3rd Tuesday: 8:00am–6:00pm

Palo Duro 50+ Sports & Fitness Center

1st Wednesday: 8:00am–6:00pm

EVIDENCE BASED PROGRAMS

Enhance Fitness

This is an evidence based senior fitness class in which a three-part assessment will be conducted for each participant.

Class components include cardio, weight training and flexibility.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room

Monday, Wednesday & Friday:
1:00pm–2:00pm

Instructor: Dawn Holsten

PATHS TO HEALTH NM: TOOLS FOR HEALTHIER LIVING

Paths to Health NM is an initiative that includes several prevention and self-management programs. These programs are designed to help adults gain the confidence and skills they need to better manage or prevent chronic health conditions or injuries. These programs have been proven to work and improve quality of life. Such programs available consist of preventing falls, diabetes and managing chronic diseases.

Visit pathstohealthnm.org for a list of available programs.



If you want to take a self assessment of your fall risks visit: www.ncoa.org/

FallsFreeCheckUp

and you can complete a short, 12-question survey that screens you or loved one for the most common falls risk factors.

**“We are not surviving,
we are thriving”**

— Jane Ong Baker, Exercise Instructor at Barelvas Senior Center, age 79



SPECIAL EVENTS

National Senior Health & Fitness Day

A day dedicated to the betterment of the health of seniors. The common goal is to help senior Americans stay fit and healthy.

Join us for an interactive day focused on health and wellness for older adults. There will be exercise demonstrations, health screenings, mini health fair and door prizes.

Wednesday: May 28, 2025 from 9:00am–1:00pm

For more information call 505-880-2800

National Fall Prevention Awareness

National Fall Prevention Awareness takes place in September. It is an opportunity to see if you are at risk of falling and learning more about safety and programs in your area.

For more information call 505-880-2800

Active Adult Fitness Exam 50+

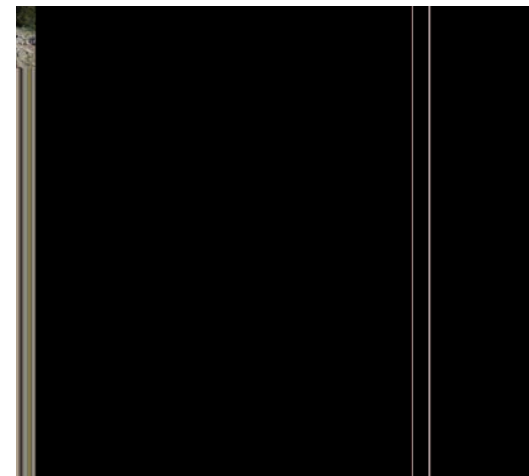
This event takes place in October and is for people over 50. It involves a series of tests to measure your fitness level. You will also learn what you can do to improve your strength, flexibility, balance, cardiovascular health, and mobility.

For more information call 505-880-2800

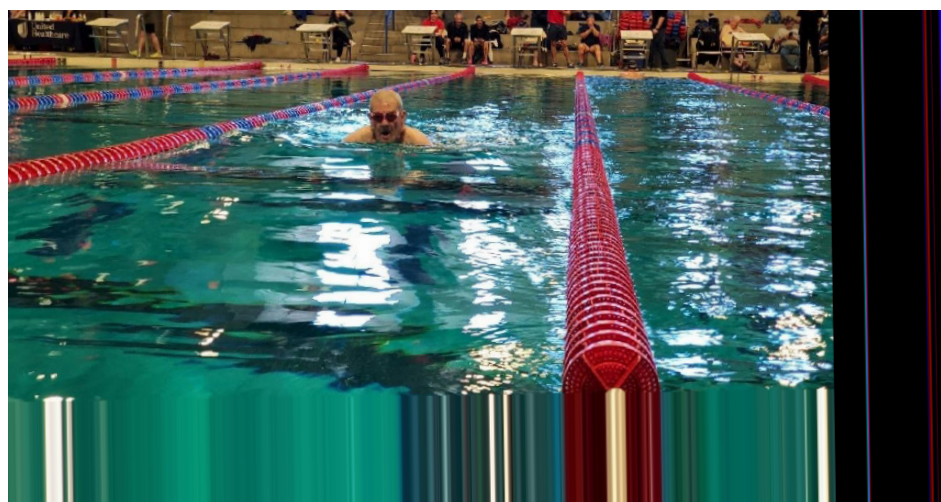
Functional Fitness Assessment 60+

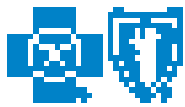
The Senior Affairs Sports and Fitness Staff will be holding Functional Fitness Assessments for people over the age of 60 in senior centers throughout 2025. At the end of the assessment you will receive a score on your functional fitness level.

For more information call 505-880-2800



Fitness Knows No Age





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BCBSNM

CITY OF ALBUQUERQUE SENIOR CENTERS

Barelas

**714 7th St. SW,
Albuquerque, NM 87102**

Phone: 505-764-6436

Fax: 505-764-6472

Monday–Friday: 8:00am–5:00pm

Bear Canyon

**4645 Pitt NE,
Albuquerque, NM 87111**

Phone: 505-767-5959

Monday–Friday: 8:00am–5:00pm

Thursday: 8:00am–9:00pm

Saturday: 9:00am–3:00pm

Highland

**131 Monroe NE,
Albuquerque, NM 87108**

Phone: 505-767-5210

Fax: 505-767-5224

Monday–Friday: 8:00am–5:00pm

Wednesday: 8:00am–7:00pm

Saturday: 10:00am–4:00pm

Los Volcanes

**6500 Los Volcanes NW,
Albuquerque, NM 87121**

Phone: 505-767-5999

Fax: 505-767-5992

Monday–Friday: 8:00am–5:00pm

Thursday: 8:00am–7:00pm

Saturday: 9:00am–1:00pm

Manzano Mesa Multigenerational Center

**501 Elizabeth SE,
Albuquerque, NM 87123**

Phone: 505-275-8731

Fax: 505-275-8734

Monday–Friday: 8:00am–9:00pm

Saturday: 9:00am–3:00pm

North Domingo Baca Multigenerational Center

**7521 Carmel NE,
Albuquerque, NM 87113**

Phone: 505-764-6475

Fax: 505-764-6489

Monday–Friday: 8:00am–9:00pm

Saturday: 9:00am–3:00pm

North Valley

**3825 4th St. NW,
Albuquerque, NM 87107**

Phone: 505-761-4025

Fax: 505-761-4031

Monday–Friday: 8:00am–5:00pm

Tuesday: 8:00am–7:00pm

Sunday: 12:30pm–5:00pm

Palo Duro

**5221 Palo Duro NE,
Albuquerque, NM 87110**

Phone: 505-888-8102

Fax: 505-888-8107

Monday–Friday: 8:00am–5:00pm

Wednesday: 8:00am–7:00pm

Saturday: 9:00am–1:00pm

Santa Barbara Martineztown Multigenerational Center

**1825 Edith NE,
Albuquerque NM 87102**

Phone: 505-767-5671

Monday–Friday: 8:00am–5:00pm



Call 505-880-2800 or visit www.cabq.gov/seniors. Registration begins Dec. 13, 2024