



**TAMAYA WELLNESS CENTER**  
**SPORTS AND EVENTS PRESENTS**

**STARTING JANUARY 28, 2025**

**2025 OPEN GYM**  
**VOLLEYBALL**

**EVERY TUESDAY / 6PM-8PM**  
**PARTICIPANT FEE: \$7 | SPECTATOR FEE: \$3**

**FOR MORE INFO PLEASE CONTACT MARTIN CORIZ @ 505-627-0891**  
**EMAIL: MARTIN.CORIZ@SANTAANA-NSN.GOV**



**TAMAYA**  
**WELLNESS**  
**CENTER**

**SPORTS AND EVENTS PRESENTS**

**2025 OPEN GYM**  
**MEN'S AND WOMEN'S**  
**BASKETBALL**

**EVERY FRIDAY IN JANUARY AND FEBRUARY**  
**STARTING JANUARY 31ST, 2025 | 5:30-8PM**

**PARTICIPANT FEE: \$7 | SPECTATOR FEE: \$3**

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**EMAIL: MARTIN.CORIZ@SANTAANA-NSN.GOV**



**TAMAYA WELLNESS CENTER**



# WINTER SWIMMING LESSONS

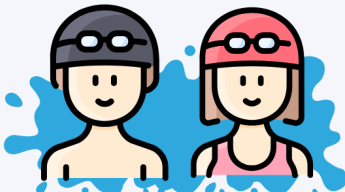


**OPEN TO THE PUBLIC \$80 PER SESSION  
SANTA ANA TRIBAL/COMMUNITY FREE**

2-week sessions are designed for all ages and are scheduled for MONDAY-THURSDAY with two last winter sessions to choose from:

**SESSION 3: JAN 27TH – FEB 6TH      SESSION 4: FEB 17TH – FEB 27TH**

- 3:00pm-3:30pm Jellyfish - Parent & Tot: 3 mons to 3yrs
- 3:30pm-4:00pm Turtle - Level 2: Water Into
- 4:00pm-4:30pm Starfish - Level 3: Stroke Development
- 4:30pm-5:00pm Whale - Level 4: Stroke Development
- 5:00pm-5:30pm Shark - Level 5: Stroke Refinement



**PARENTS CHOOSE A LEVEL THAT IS BEST SUITED FOR THEIR CHILD**

FOR MORE INFORMATION PLEASE CONTACT AQUATICS AT (505) 771-6372

# 21 - Day Nutrition Challenge

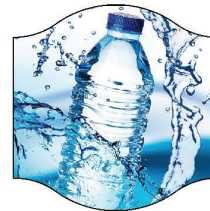


**3 Weeks of Nutrition Habits  
Starts: Monday, February 3rd**

We've created a 21-day Nutrition Challenge to work on three habits. You will receive a workbook that will guide you through each habit with specific tasks and valuable information and resources to support you through the challenge.

- Starting Monday, February 3rd, you will start to track your hydration.
- Each week a new habit will begin, you will add it to the habit from the week before
- Every Monday, you will turn in your "habit tracker" sheet to Laura, upstairs in the Cardio Weight Room.
  - We want to help you stay accountable throughout this challenge.
  - This can be done by either dropping it off or taking a picture and texting it to Laura

We are hoping with this challenge; it will lay a good foundation to continue to build habits upon to living a healthy lifestyle.



contact Laura Nava for more info & questions or to sign up at  
• cell: (505) 980-1066 • email: [Laura.Nava@santaana-nsn.gov](mailto:Laura.Nava@santaana-nsn.gov) •



## TAMAYA WELLNESS CENTER



TAMAYA WELLNESS CENTER

COME JOIN US FOR OUR 10TH ANNUAL



# SWEETHEART RUN



BRING YOUR SWEETHEART

## FEBRUARY 8TH, 2025

GET UP AND GET MOVING!



### 10:00 AM-1:00PM



OPEN TO ALL COMMUNITY MEMBERS. ON-SITE REGISTRATION IN THE TWC LOBBY. IF INCLEMENT WEATHER, WE WILL MOVE INSIDE

FOR QUESTIONS, CONTACT TANYA AT (505)-549-8701

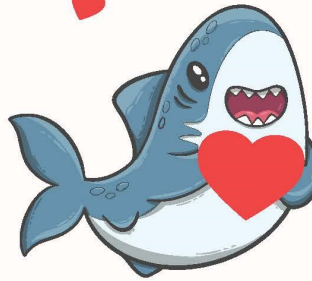


# TAMAYA WELLNESS CENTER

# fishing you a Valentine's Day

Wear your favorite color swimsuit and join us for a Valentine's themed fun day at the pool with music, snacks, and arts & crafts activities!

## SUNDAY FEB. 9, 2025 10AM-2PM



OPEN TO THE PUBLIC with paid admission as follows:

• Adults \$7 • 18 & under \$5 •

Santa Ana Community Members, bring up to 2 guests for FREE!

For more information contact Aquatics at (505) 771-6372







Come learn about balanced meal planning and meal prepping from our Registered Dietician

**Shelley Rael, MS RDN**



**Where:** TWC Conference Room 120  
**When:** Wednesday, February 12th  
**Time:** 6-7pm

**Contact Laura Nava for more info & questions**  
cell: (505) 980-1066 email: [laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)



**TAMAYA WELLNESS CENTER**

## Kitchen Creations

## FREE Diabetes Cooking Classes!



Please join us for this **FREE** series of 4 classes!

- Learn how to plan meals that help manage diabetes.
- Practice cooking foods in healthier ways.
- Enjoy the support of others who are living with diabetes.

Provided by:



For more information about Paths to Health NM programs, call: 505.850.0176 or 575.703.2343



Open only to Pueblo Members, Not a Public Event

Sandoval County Extension  
P.O. Box 400  
711 S. Camino Del Pueblo,  
Bernalillo, NM 87004



Scan this QR code to visit our website

### Class Details

**DAY OF WEEK:** Thursday

**DATES:** Feb. 20, 27, & Mar. 6, 13, 2025

**TIME:** 2 pm – 5 pm

**LOCATION:** Tamaya Wellness Center  
225 Ranchitos Rd  
Santa Ana Pueblo, NM 87004

**INSTRUCTORS:** Rebecca Lamoreux, MS, RDN, LD, Santa Fe, NM  
Madeline Gurney, Sandoval County FCS Agent  
Sandoval County Extension Office

**TO REGISTER:** Link: <https://ezregister.com/events/40958/>  
Website: <https://sandovalextension.nmsu.edu/>

[kitchencreations.nmsu.edu](http://kitchencreations.nmsu.edu)

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TAMAYA WELLNESS CENTER

# GLOW NIGHT SWIM



FEB 21, 2025  
5PM - 7:30PM

GIFT CARD RAFFLES FOR SANTA ANA  
COMMUNITY MEMBERS ATTENDING

MUSIC, WATER VOLLEYBALL & SNACKS

OPEN TO THE PUBLIC with  
paid admission as follows:  
- Adults \$7 - 18 & under \$5 -



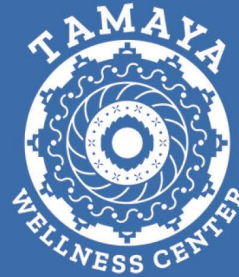
Santa Ana Community  
Members, bring up to  
2 guests for FREE!

GET READY TO GLOW AND MAKE A SPLASH  
CONTACT AQUATICS AT (505) 771-6372

# PARENTS & TODDLER TIME

BIG FUN FOR LITTLE SWIMMERS

MARCH 9TH, 2025  
9AM - 12PM



PARENTS & CHILDREN 5 YEARS & UNDER

Join us for a special time to bond  
together in a FUN way at the pool.

Parents, this is a perfect time to  
enjoy the hot tub & cold plunge.

Music & snack bags for all!



First 5 families to attend event will receive a Texas Roadhouse gift card  
for more information contact Aquatics at (505) 771-6372



## TAMAYA WELLNESS CENTER





**TAMAYA WELLNESS CENTER**  
SPORTS & EVENTS PRESENTS

**MARCH MADNESS**  
**3vs3**  
**BASKETBALL TOURNAMENT**

**MEN'S AND WOMEN'S | 6 MAN ROSTER | \$150 PER TEAM**  
**EVERY FRIDAY STARTING MARCH 7**



**SCAN CODE TO REGISTER**

**FOR MORE INFO PLEASE CONTACT**  
**MARTIN CORIZ @ 505-627-0891**  
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**TAMAYA WELLNESS CENTER**  
SPORTS AND EVENTS PRESENTS

**Tamaya Spring**  
**Egg-Travaganza**  
**Bazaar**

**MARCH 22-23, 2025**  
**10AM-5PM**

**FREE ADMISSION | SHOP LOCAL ARTISTS | ARTS AND CRAFTS | FOOD TRUCKS & MUCH MORE!**

**VENDOR FEE: \$75/SCAN CODE FOR ARTIST APPLICATION**

**SAP MEMBERS FREE-LIMITED SPOTS AVAILABLE**

**LOCATION: TAMAYA WELLNESS CENTER (SANTA ANA PUEBLO)**

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**TAMAYA WELLNESS CENTER**