

Announcements & Upcoming Activities



THE BAT CAVE

Saturday Mornings
9:00am - 11:00am



FUNDAMENTAL HITTING SKILLS



BASEBALL KNOWLEDGE AND IQ

Improve your hitting skills at the Santa Ana Ballfield batting cages.

OPEN TO SANTA ANA COMMUNITY MEMBERS
*schedule may change without notice

For more information, please contact Sports and Events at 505-771-6381






TAMAYA WELLNESS CENTER

LUNCH HOUR SPORTS ACTIVITIES

Activities Include:

- Dodgeball
- Handball
- Volleyball
- Indoor Hockey
- Indoor Wiffleball
- Pickleball
- Badminton
- Tetherball
- Darts
- and more!

OPEN to Santa Ana Community, Santa Ana Employees, & Public (\$7 admission for Public)

WEDNESDAYS & FRIDAYS
11:30 am - 2:00 pm

FOR MORE INFORMATION PLEASE CONTACT SPORTS & EVENTS AT 505-771-6381 OR FRONT DESK AT 505-771-6370




TAMAYA ELITE

Tamaya Elite Ambassadors Program

UNM Low Ropes Course

The Low Ropes Challenge Course includes skill development through "grass activities" and then practice of these skills on several low ropes course elements such as the famous Whale Watch, Wild Woosley, Nitro Crossing, and more.

Who?
Tamaya Elite Ambassadors

When?
July 11, 2025

Where?
Santa Ana Ballfield Complex

For more information please contact Prince at 505-771-6382





THE UNIVERSITY OF NEW MEXICO



Now offering shuttle service to Mid & High School TAPletes!

Shuttle Service Days:
Tuesdays, and Thursdays.

Departure:
Tues & Thurs - 5:30pm

Return:
Tues & Thurs - back at TWC by 7:30pm

Snacks will be provided! TAPletes must bring their own water bottle or hydration drink. Bring proper workout gear!

SIGN UP NOW!

FOR MORE INFO CONTACT SPORTS & EVENTS



505-771-6381

505-785-4792




Announcements & Upcoming Activities

WATER POLO WENDESAYS

Bring your family and friends to
play a friendly fun game of
water polo every Wednesday!



Wednesdays at
6pm-7:30pm



OPEN TO THE PUBLIC with
\$7 paid admission

Runs until
September!

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



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

AQUA BASKETBALL THURSDAYS

Bring your family and friends to
play a friendly fun game of water
basketball every Thursday!



Thursdays at
6pm-7:30pm



OPEN TO THE PUBLIC with
\$7 paid admission

Runs until
September!

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



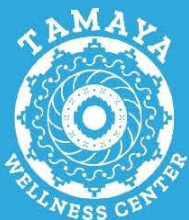
For more information contact us at (505)771-6372

AQUA AEROBICS Tuesdays & Thursdays 4:00pm-4:30pm



Looking for an efficient and fun way to
stay fit and healthy? Look no further
than water aerobic exercise!

- For all fitness levels
- Build muscle, endurance & strength



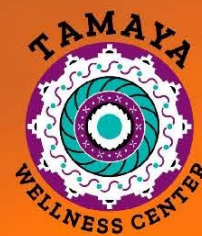
Santa Ana Community Members,
bring up to 2 guests for FREE

OPEN TO THE PUBLIC
with paid admission of \$5

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

BEYOND 50 FITNESS

We've created
a class for the
warriors 50
years and
older.
Improve your
physical
health, boost
your overall
quality of life
while also
helping to
maintain your
independence
and reduce
the risk of
age-related
decline.



June 3rd - August
28th
Tuesday/Thursday
9am-9:45am
TWC Fitness Room

For more information, contact Laura:
Cell 505-980-1066 Email laura.nava@santaana-nsn.gov

Announcements & Upcoming Activities

Homemade popsicles

July's food demo will cool you down during the hot summer days! Join us in making homemade popsicles. An easy, healthy and refreshing treat for everyone!

When: July 9, 2025
Time: 5:15pm-5:45pm
Where: TWC Demo Kitchen



Tamaya Community members 16 yrs and older will get a recipe kit to take and make your own at home

For more information contact Laura
505-980-1066 or laura.nava@santaana-nsn.gov



TAMAYA WELLNESS CENTER

LIVING WELL WITH DIABETES: HEAT SAFETY & HYDRATION



TWC Multipurpose Room
Thursday, July 10th
5pm-6pm
Dinner Provided

Open to all community members
receive a diabetes support kit



For information, please contact JoAnna at 505-259-7028.

10 YEAR CELEBRATION!

Mark your calendars and join us as we celebrate
10 years of wellness & activities here at the TWC!

July 15th, 2025



**TAMAYA
WELLNESS
CENTER**

"a partner in your wellness journey"