



# TAMAYA WELLNESS CENTER

BASEBALL & SOFTBALL DEVELOPMENT PROGRAM

# SATURDAY SPRING TRAINING SERIES

MARCH 7<sup>TH</sup>, 14<sup>TH</sup>, 21<sup>ST</sup>, 28<sup>TH</sup>

## PROGRAM FOCUS

- FUNDAMENTALS & SKILL DEVELOPMENT
- HITTING, THROWING, FIELDING & BASE RUNNING
- GAME AWARENESS & CONFIDENCE
- AGE-APPROPRIATE DRILLS & INSTRUCTION

## WHAT TO EXPECT

- ORGANIZED PRACTICES
- SKILL STATIONS & COMPETITIONS
- TEAMWORK & SPORTSMANSHIP



SANTA ANA & EMPLOYEE YOUTH

AGES 5-9: 9:00AM-10:00AM

AGES 10-17: 10:30AM-12:00PM

To register a player please scan the QR code.

For more information please call Joseph @505-785-4792



TAMAYA WELLNESS CENTER



# ***FITNESS PROGRAM***

# **MARCH ACTIVITIES**



**BEGINS  
SUN 3/1**

**March Madness Personal Training**  
All throughout March  
For more info, contact Isaac or Bobby  
505-771-6745

**TUE 3/17**

**St. Patrick's Day Food Demo**  
3pm - 5pm  
TWC Lobby



**WED 3/18**

**Basketball Skillz**  
5pm-6:30pm  
TWC Gymnasium



**FRI 3/20**

**Spring Has Sprung Walk/Run**  
5pm - 7:30pm  
Move into Spring with us on the outdoor recreation paths around the TWC.  
For more info, contact Laura:  
505-980-1066  
[laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)





# DIGITAL MEDIA CAMP

*"FIND YOUR STRENGTH.  
FIND YOUR PURPOSE.  
LEVEL UP YOUR SKILLS."*

## About This Opportunity

- INTRO TO DIGITAL MEDIA
- PHOTOGRAPHY & VIDEOGRAPHY BASICS
- GRAPHIC DESIGN FUNDAMENTALS
- CREATIVE STORYTELLING & CONTENT CREATION
- SOCIAL MEDIA CREATION
- MENTORSHIP FROM A PROFESSIONAL INSTRUCTOR

## Program

- MARCH 2026 - APRIL 2026
- TUES & THURS 4:30PM - 6:30PM
- SANTA ANA YOUTH AGES 13 - 18
- **LIMITED SPOTS AVAILABLE**



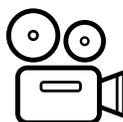
**TAMAYA WELLNESS CENTER**



FOR MORE INFORMATION  
CONTACT  
PRINCE ROBERTSON @  
505-410-5040



**PHOTOGRAPHY**



**VIDEOGRAPHY**



**GRAPHIC DESIGN**

every 3rd Tuesday of the month

# COMMUNITY FOOD

# PANTRY



**March 17th, 2026**

**3pm - 6pm**

**Tamaya Wellness Center**



Please bring your reusable bags.

All Community & Employees are welcome.

Items are subject to change and may be limited.

food  
provided by

**ROADRUNNER  
FOOD BANK**  
OF NEW MEXICO



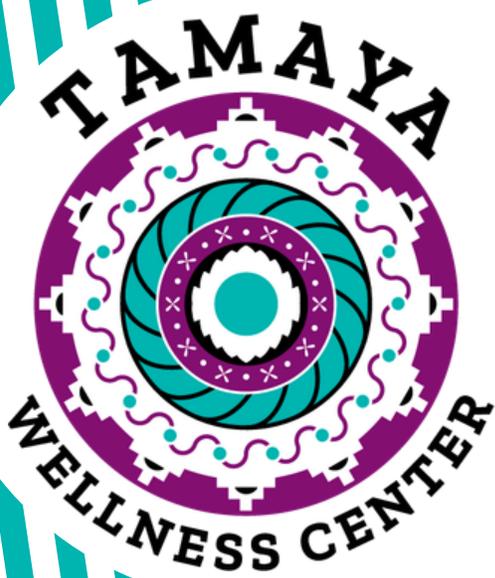
# SAVE THE

# DATE!

**TAMAYA  
WELLNESS  
CENTER**



*questions, information, or assistance,  
contact TWC Front Desk (505) 771-6370*



Join us as we introduce and celebrate our newly installed works of art here at the Tamaya Wellness Center! Light snacks and refreshments will be served.

# WALL ART SHOWCASE & SOCIAL

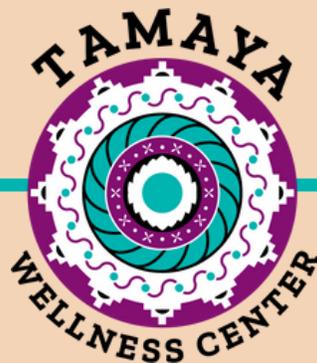


**TAMAYA WELLNESS CENTER**  
17 MARCH 2026 | AT 3 PM - 6 PM

contact Kevin for more information at (505) 771-6383



# 3V3 ROUND ROBIN TOURNAMENT NIGHTS



- **FEBRUARY 27<sup>TH</sup> AND MARCH 27<sup>TH</sup>**
- **5 PLAYERS PER TEAM**
- **CO-ED HIGHLY ENCOURAGED**
- **ALL SKILL LEVELS ENCOURAGED**

TEAM REGISTRATION IS **REQUIRED** FOR THIS EVENT. BRING A TEAM OF 5 TO PLAY THROUGHOUT THE NIGHT. MAXIMUM NUMBER OF TEAMS IS **8**. **OPEN TO THE PUBLIC WITH \$7 PAID ADMISSION.**

FOR MORE INFORMATION OR TO SIGN UP A TEAM, CONTACT  
SPORTS AND EVENTS @ 505-771-6381  
OR JOSEPH @ 505-785-4792

# 3V3 ROUND ROBIN RULES

## TEAMS

- 5 TOTAL PLAYERS ON EACH TEAM (3 ON COURT, 2 SUBS PER TEAM)
- SUBSTITUTIONS ALLOWED BETWEEN DEAD BALLS

## GAME FORMAT

- GAME FORMAT WILL VARY BASED ON HOW MANY TEAMS ENTER THE ROUND ROBIN TOURNAMENT

## SCORING

- INSIDE THE ARC = **1 POINT**
- BEHIND THE ARC = **2 POINTS**

## CHECK BALL AND POSSESSION

- ALL GAMES START WITH CHECK BALL AT TOP
- AFTER A MADE BASKET DEFENSE WILL GET THE BALL
- ALL DEAD BALLS RESTART WITH A CHECK

## FOULS

- CALL YOUR OWN FOULS BUT **BE FAIR**
- DEFENSIVE FOULS = **CHECK BALL**
- SHOOTING FOUL (MISSED) = **1 FREE THROW**
- SHOOTING FOUL (MADE) = **BASKET COUNTS + CHECK BALL**

## REBOUNDS AND TURNOVERS

- DEFENSE MUST CLEAR THE BALL BEYOND THE ARC
- ALL JUMP BALLS GO TO THE DEFENSE

## TIMEOUTS

- 1 TIMEOUT PER TEAM
- 30 SECONDS

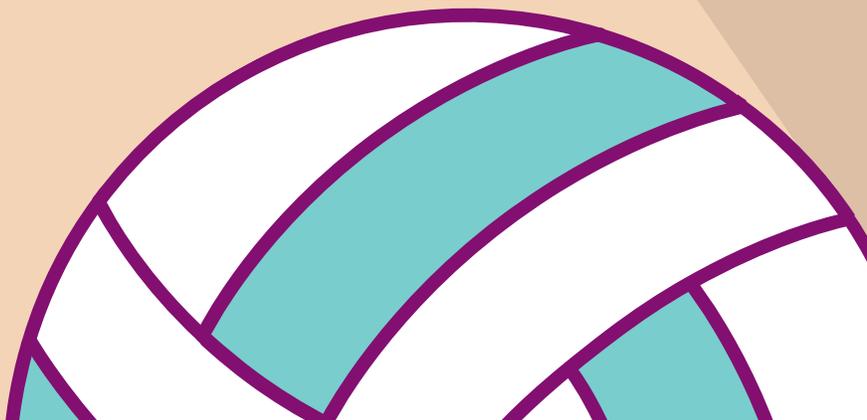


**TAMAYA WELLNESS CENTER**

# **4V4 ROUND ROBIN TOURNAMENT NIGHTS**

- **FEBRUARY 24<sup>TH</sup> AND MARCH 24<sup>TH</sup>**
- **5 PLAYERS PER TEAM**
- **CO-ED HIGHLY ENCOURAGED**
- **ALL SKILL LEVELS ENCOURAGED**

TEAM REGISTRATION IS **REQUIRED** FOR THIS EVENT. BRING A TEAM OF 5 TO PLAY THOROUGHOUT THE NIGHT. MAXIMUM NUMBER OF TEAMS IS **5**. **OPEN TO THE PUBLIC WITH \$7 PAID ADMISSION.**



FOR MORE INFORMATION OR TO SIGN UP A TEAM, CONTACT  
SPORTS AND EVENTS @ 505-771-6381  
OR JOSEPH @ 505-785-4792

# 4V4

## ROUND ROBIN RULES

### TEAMS

- 5 TOTAL PLAYERS ON EACH TEAM (4 ON THE COURT, 1 SUB PER TEAM)
- MINIMUM 3 PLAYERS TO PLAY
- SUBSTITUTIONS ALLOWED BETWEEN POINTS

### MATCH FORMAT, SETS, AND POINTS

- MATCH FORMAT, SETS, AND POINTS WILL VARY BASED ON HOW MANY TEAMS ENTER THE ROUND ROBIN TOURNAMENT

### SERVING

- SERVE FROM BEHIND THE LINE
- OVERHAND AND UNDERHAND SERVES ALLOWED
- ROTATE CLOCKWISE WHEN GAINING THE SERVE

### BALL CONTACTS

- **3 HITS MAX** PER TEAM
- NO DOUBLE HITS (EXCEPT AFTER A BLOCK)
- A BLOCK DOES NOT COUNT AS A HIT

### ATTACKING AND BLOCKING

- NO BLOCKING OR ATTACKING A SERVE
- PLAYERS MAY ATTACK FROM ANYWHERE
- NO REACHING OVER THE NET

### NET AND LINES

- NO TOUCHING THE NET DURING PLAY
- BALL ON THE LINE IS **IN**
- CENTER LINE CROSSING IS ALLOWED IF NO INTERFERENCE

### TIMEOUTS

- 1 TIMEOUT PER TEAM (PER SET IF MATCH FORMAT FITS)
- 30 SECONDS