



COMMERCE CITY PARKS, RECREATION AND GOLF GUIDE

Fall 2019

Registration opens August 5

c3gov.com/recreation

EXPLORE NEW SKILLS

Culinary, music,
tech and more!

Details on pages 6-7

LEARN THE FUNDAMENTALS

Youth sports leagues for fall

Details on pages 29-31

Find us on:



facebook.com/commercecityparksrecgolf



instagram.com/commercecityparksrecgolf





RESCHEDULED: FISHING DERBY – Please pre-register! Join Commerce City Parks and Recreation, Rocky Mountain Arsenal National Wildlife Refuge and Bass Pro Shop as we celebrate the 12th Annual Fishing Frenzy Derby. Participants may interact with professional fishermen, learn about different aspects of fishing, compete and win cool prizes. Bring your own fishing poles and lures if you have them. Fishing Frenzy is held at the Rocky Mountain Arsenal National Wildlife Refuge, 6550 Gateway Rd.

Sat	9/28	FREE	Check-in starts at 8 AM
Derby 1:	9:00-10:00 a.m.		7001.302
Derby 2:	10:30-11:30 a.m.		7001.303

BINGO FAMILY FUN NIGHT; AGES 6 AND UP WITH ADULT – B-I-N-G-O! Bring the whole family to play bingo, enjoy a pizza dinner, and win prizes. Kids must be accompanied by an adult. Must pre-register by designated deadline so food and materials can be prepared.

Fri	9/20	6-8 p.m.	\$12/\$15	Bison Ridge Recreation Center	4451.301
Fri	10/18	6-8 p.m.	\$12/\$15	Bison Ridge Recreation Center	4451.302

“TRUNK OR TREAT” – Kids wear your costumes and get your trick-or-treating started off right with treats from our community partners. Ages 2-10 with an adult

Sat	10/26	1-4 p.m.	FREE	Pioneer Park
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CREEPY HOLLOWES FRIGHT NIGHT: GRADES 6-12 – Time to get your scare on! Dance to the DJ, pose at the photo booth and if you dare, wander through the haunted maze. Don’t forget to dress up for the costume contest for your chance to win some wicked prizes.

Sat	10/26	7-10 p.m.	FREE	Eagle Pointe Recreation Center
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9HEALTH FAIR – The fair provides free and low-cost screenings, as well as flu shots. There are also wellness activities and resources for improving health and fitness within your family. For more information on the 9Health Fair, visit www.9healthfair.org.

Sat	11/10	7 a.m.-Noon	FREE	Adams City High School
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CEREAL WITH SANTA AT BISON RIDGE – Enjoy breakfast with Santa and choose from a variety of his favorite cereals. Take home a professional photo with Santa and a special gift. Pajamas are encouraged! Kids ages 2 and under are free. Parents must register for the event.

Sat	12/07	Bison Ridge Recreation Center
Two entry times available:	9-9:15 a.m. entry	(Event ends at 10:15 a.m.) 7053.101
	10:30-10:45 a.m. entry	(Event ends at 11:45 a.m.) 7053.102

Limited to 160 people per entry time. Tickets available Oct 1st through Dec 4th. www.c3gov.com/register

\$4 per person (Commerce City residents), \$6 per person (Nonresidents) *Tickets increase by \$2 each at the door.*

We expect to sell out so please purchase tickets early. After Dec. 4th, remaining tickets will be available at the door on a first come/first serve basis.



BISON RIDGE RECREATION CENTER

13905 E. 112th Ave.
 Commerce City, 80022
 Phone: 303-286-6800
 Registration: 303-286-6801

EAGLE POINTE RECREATION CENTER

6060 E. Parkway Drive
 Commerce City, 80022
 Phone: 303-289-3760
 Fax: 303-289-3783
 Registration: 303-289-3789

BISON RIDGE AND EAGLE POINTE HOURS

Mon-Fri • 5:30 a.m.-9:30 p.m.
 Sat 7 a.m.-7 p.m.; Sun 8 a.m.-6 p.m.
Pool closes half-hour before facility.

ACTIVE ADULT CENTER AT EAGLE POINTE

Mon-Fri • 8 a.m. - 4 p.m.
 Adult information 303-289-3720

BISON RIDGE AND EAGLE POINTE CLOSURES

8/19-8/30 BR Only Closed for annual maintenance closure
 9/2 Closing at 1 p.m. (Labor Day)
 9/3-9/13 EP Only Closed for annual maintenance closure
 Oct. 26 EP only closes at 5:00 p.m.
 Nov. 28
 Dec. 24 Closing at 1 p.m.
 Dec. 25
 Dec. 31 Closing at 1 p.m.
 Jan. 1, 2020

IMPORTANT NUMBERS

Athletic Weather Hotline
 303-289-3757
Active Adult Lobby Desk
 303-289-3756
Buffalo Run Golf Course
 303-289-1500

DEPARTMENT STAFF

Carolyn J. Keith,
CPRP, Director
VACANT
Recreation Manager
Mike Brown,
Park Planning and Operations Manager
Paul Hebinck,
PGA, Golf Manager

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How To Read This Guide

Each section’s course offerings can easily be found using the color code above. Participants can get more information about a class by calling the phone number associated with each program. Unless specified, classes are open to participants 16 years or older.

Want to know when classes are and the registration code? Under each course description, specific information includes:

LOCATION	DAY	DATE	TIME	FEE FOR RESIDENT/NONRESIDENT
 Bison Ridge		Mon 8/6	8-9 a.m.	
 Eagle Pointe	REGISTRATION NO.	1234.123		\$7/\$8

Registration for classes opens **August 5**. Participants can register online, in person or by phone. Classes that are new or part of a specific program are identified with the program logo.

NEW Denotes a new course or activity offering.



FREE fitness classes and social events for adults ages 62+ who are program members; recreation center members are welcome to participate at no additional cost.



POLICIES AND OTHER INFORMATION

Code of Conduct

Visitors must display appropriate social behavior during all programs and use of recreation facilities. Individuals should refrain from hurting another person physically, mentally or emotionally. Staff have the right to deny participation of any individual who staff determine to be a safety risk or may inhibit the experience of others participating in a program, event, or field trip. Failure to follow this code could result in removal from class, program and/or facility.

Non-Discrimination Policy

Commerce City does not discriminate on the basis of age, sex, religion, ethnicity, sexual orientation or ability in its hiring, access to, or operation of its facilities, programs and services.

Personal Training Policy

Personal training in exchange for money or services is not permitted in the recreation center, on city owned facilities by anyone other than authorized Commerce City staff. City staff reserves the right to monitor workouts that appear to be commercial personal training sessions.

People with Disabilities

Commerce City Parks, Recreation and Golf is committed to providing recreation programs and opportunities to all residents of our community, including residents with special needs.

If you or a family member has a disability or special need and are interested in participating in or attending Commerce City Parks, Recreation and Golf services, programs, or activities, the city will make reasonable accommodations such as changing rules, policies, and practices; removing barriers to participation; or providing auxiliary aides or services in order to assure you are given an opportunity to participate.

To assist Commerce City Parks, Recreation and Golf in making these accommodations, we urge a timely call prior to your involvement to discuss the necessary accommodations with our staff. Kindly understand that depending on the accommodation requested, significant advance notice may be required. Failure to timely provide notice

of accommodation may result in temporary delay of participation and/or registration in our programs or activities.

Personal Release Statement

Users understand that participation in recreation activities and services may have an element of hazard or inherent danger, and users are fully responsible for their actions and physical condition. Users agree to indemnify and hold harmless the City of Commerce City, its employees and agents for any liability, loss, cost or expense (including attorney's fees, medical and ambulance costs) incurred while participating in park and recreation activities.

Photo Policy

- Photography, videotaping, and any use of cell phones is not allowed in locker rooms or restrooms.
- The City of Commerce City uses a variety of promotional material for programs and events. The city reserves the right to use photographs, video recordings and/or images of anyone in any activity, program, park, special event or public place in present and/or future publications.
- Participants may record or photograph activities that are open for observation, unless doing so interferes with the instructor or other participants, causes a safety concern or infringes upon copyright laws.
- Individuals taping or taking photos must be associated with a registered participant or program. All others wishing to take photos or video must have approval from the city's communications division.
- Commerce City reserves the right to refuse anyone the privilege of taping or photographing events.

Refund Policy for Classes

- Full refunds will be considered only if initiated in writing more than 5 business days prior to the first day of the activity. However, exceptions may be made for special circumstances.
- Please fill out a Request for Class/Activity Withdrawal Form, available at the front desks of Eagle Pointe and Bison Ridge
- Submission of the form does not guarantee you will receive a credit/refund
- A \$5 administrative fee applies to all

withdrawals

- Please allow up to 2 weeks for processing credits or refund checks
- Charge card payments will be credited back to the charge account within 7 business days
- All approved refund requests of \$20 or less will be credited to your Parks and Recreation account, to be used within the calendar year
- Full credit or refunds will be given if an activity is canceled by the department
- Some programs have separate withdrawal policies. If you have questions, please ask specific area.

Corporate Discounts

Adults working in Commerce City are eligible for discounted membership and admission rates. To qualify, adults must provide a valid photo ID and a current paycheck stub from a business in Commerce City.

Scholarship Programs

Commerce City offers scholarship funds for programs and activities. All ages may apply for up to 50 percent off each class session; proof of income or participation in government assistance programs is required. Scholarships are funded in part by the Quality Community Foundation and the city's Community Development Block Grant.

Donations

The Commerce City Parks, Recreation and Golf department welcomes and appreciates donations from the community; however, the city reserves the right to refuse a donation. Donations are solicited and/or accepted with the understanding that the city has complete control over all funds, items and services received. Your contribution, if donated for a specific program or project, will be applied to those programs or projects. Unsolicited donations will be used where the city deems appropriate and where most needed.



FALL REGISTRATION BEGINS AUGUST 5

Sign up online, in person or by phone



RECREATION CENTER FEES

	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
Daily	\$4	\$5	\$6.25	\$5
Resident w/Play Pass	\$1	\$2	\$4	\$2
Corporate w/Play Pass			\$5	\$3.50

Resident Rates	20-visit	Monthly	Annual
Individual Adult	\$64	\$32	\$200
Individual Child, Age 3-7	\$16	\$8	\$62.50
Individual Youth, Age 8-17	\$32	\$16	\$125
Individual Senior, Age 62+			\$12
Household of two			\$300
Household of four*			\$450

*Each additional person \$30
 Military Discount (Active and Disabled Veteran) Free* See details below

Nonresident Rates	20-visit	Monthly	Annual
Individual Adult	\$100	\$50	\$390
Individual Child, Age 3-7	\$64	\$32	\$250
Individual Youth, Age 8-17	\$80	\$40	\$312.50
Individual Senior, Age 62+	\$80	\$40	\$312.50
Household of two			\$640
Household of four*			\$952.50

*Each additional person \$35

Corporate Rates \$80 \$40 \$312.50

**Household consists of at least one parent or legal guardian and dependent family members 23 years and younger all living in the same home. Adult siblings, grandparents, grandchildren, aunts/uncles and cousins do not fall under the classification of a household.*

THE RECREATION PLAY PASS IS ONE CARD WITH THESE GREAT BENEFITS

- One card, MEGA options: Use one card for your punches, passes or memberships at BOTH recreation centers - Eagle Pointe and Bison Ridge
- Save more: Commerce City residents can take advantage of discounted daily admission fees at both recreation centers and Paradise Island pool with the Play Pass card

HOW TO PURCHASE THE PLAY PASS

- Passes are currently sold at both recreation centers.
- Recreation Play Passes are \$5 for residents and \$6 for corporate members
- Proof of residency is required for resident play pass

- Proof of age is needed to purchase or renew a card
- Youth ages 3-15 must have a parent or guardian complete their registration
- Cards are valid for two years; no refunds
- Lost cards can be replaced for \$5 per card

RESIDENCY QUALIFICATIONS

Any person permanently living within Commerce City is considered a resident. To receive resident rates, applicants must provide:

- Valid photo ID (driver's license or state ID card) showing city residency. If ID does NOT show a Commerce City address, you will need one of the following:
 - Utility bill (gas/electric, telephone or water) with city address **OR**
 - Voter registration with city

Child Watch

We offer affordable child care to our guests while they are in the facility during peak times.

Hours will vary by center, BR will be as shown, EP will be M-Th 4:45-8:15pm only. No mornings, Fridays or Saturdays.

Hours (Up to 2 hours maximum)

- Monday – Friday
8:45 a.m. – 1:15 p.m.
- Monday – Thursday
4:45 p.m. – 8:15 p.m.
- Saturday
8:45 a.m. – 12:15 p.m.

Rates

- 5 hour pass for \$15
- 10 hour pass for \$30
- 15 hour pass for \$45
- 30 hour pass for \$90

Policies

- Child Watch is for ages 6 months to 11 years old
- Space is limited and not guaranteed
- Additional hourly fee will be charged if child is not picked up within 10 minutes of session end time
- Child care reservations cannot be made in advance

address **OR**

- Car registration or insurance with city address.

P.O. Box numbers are not acceptable proof of residency.

ACTIVE MILITARY MEMBERSHIP BENEFITS

Commerce City residents who are active members of the U.S. Armed Forces or Merchant Marines, or Reserve or National Guard members on active orders, and their immediate family (spouse and minor children or legal wards), may obtain a free annual membership to the Bison Ridge, Eagle Pointe, and Paradise Island recreation facilities.

To obtain or renew a free annual membership, the following must be provided:

- Proof of active military service.
- Proof of residency in Commerce City:
 - Utility bill (gas/electric, telephone or



RECREATION FACILITIES

Passes, punch cards and more!

- water) with city address **OR**
- Voter registration with city address **OR**
- Car registration or insurance with city address
- Proof of active orders (for National Guard/Reserves).

DISABLED VETERAN MEMBERSHIP BENEFITS

Commerce City residents who were honorably discharged from U.S. Armed Forces and have a 50% or greater

service-connected disability rating may obtain a free annual membership (individual only) to the Bison Ridge, Eagle Pointe, and Paradise Island recreation facilities.

To obtain a free annual membership the veteran must provide at time of membership:

- Proof of military service and discharge (military identification or DD214).
- A letter from Veteran Affairs, dated no more than 60 days prior to

application or renewal, indicating that the individual's combined service-related disability rating is at least 50% (*THIS LETTER WILL BE RETURNED TO THE APPLICANT AND NOT RETAINED BY THE CITY*).

- Proof of residency in Commerce City:
 - Utility bill (gas/electric, telephone or water) with city address **OR**
 - Voter registration with city address **OR**
 - Car registration or insurance with city address

Three easy ways to register!

Phone

Bison Ridge 303-286-6801
Eagle Pointe 303-289-3789

Online Registration with Active

Active allows you to search, register and pay for programs and leagues on any computer, tablet or smart phone.

1. Visit www.c3gov.com/register
2. Request an account online or sign-in using existing account information with log-in link in upper right-hand corner. Please note account approvals can take up to 24 hours to process, excluding holidays and weekends.

3. Once logged in, click the "Activities" tab and search for course number or class title. Proceed to checkout and enter credit card information.
4. Select the class and then click the green "Add to My Cart Button."
5. Select the participant's name and then click "Continue."
6. Take a minute to review your order and print your receipt.

In Person

Eagle Pointe Recreation Center, 6060 E. Parkway Dr.
Bison Ridge Recreation Center, 13905 E. 112th Ave.

Mon-Fri • 5:30 a.m.-9:30 p.m.
Sat 7 a.m.-7 p.m.; Sun 8 a.m.-6 p.m.

Want to know when classes are and the registration code?

Under each course description, specific information includes:

LOCATION

- Bison Ridge
- Eagle Pointe

DAY DATE TIME

Mon 8/6 8-9 a.m.

REGISTRATION NO. 1234.123 \$7/\$8 FEE FOR RESIDENT/NONRESIDENT

Host your event!

Recreation Center Rentals

Reservations must be submitted two weeks prior to event date

Bison Ridge (13905 E. 112th Ave.) 303-289-3695

- Three large multipurpose community rooms with A/V system, stage, and outdoor deck
 - Each room can seat up to 100 people
 - Removable walls allow up to 300 people
- Two conference rooms
- Two pool party rooms attached to the aquatic center

Eagle Pointe (6060 E. Parkway Dr.) 303-289-8191

- Two multipurpose rooms offer 1,425 square feet
- Seat up to 150 people theater-style or 100 banquet-style

Recreation Center Rates

Hourly rates are \$30 to \$45, depending on space and use. A Damage Deposit of \$50 per room is required and is refundable if the facility is left clean and undamaged. Room rental is subject to the following conditions:

- Minimum of 4 hours for all 3 community rooms at Bison Ridge
- After-hours room rentals available until midnight for an additional fee
- Political events/fundraisers are prohibited



FESTIVE FALL EVENTS

All events take place at the Active Adult Center at Eagle Pointe unless otherwise noted



SPECIAL EVENTS

Red Sweater Event

Come celebrate the incredible senior volunteers that help make Commerce City great! Join City Leaders and Active Adult Staff as we honor past Red Sweater Award Winners with a new plaque displayed in the Active Adult lobby. The Red Sweater Award is a prestigious award given to outstanding senior volunteers in our community. Red Sweater Award recipients are people that deserve to be celebrated! Snacks and refreshments will be served.
Thu 9/19 4 p.m.-5:30 p.m. FREE 4601.301

Bingo Family Fun Night; Ages 6 and up with adult

B-I-N-G-O! Bring the whole family to play bingo, enjoy a pizza dinner, and win prizes. Kids must be accompanied by an adult. Must pre-register by designated deadline so food and materials can be prepared.



Fri 9/20 6-8 p.m. \$12/\$15 4451.301
Fri 10/18 6-8 p.m. \$12/\$15 4451.302

Ghouls' Night Out Dance

Eagle Pointe Active Adult Center is hosting a Halloween dance and inviting guests from other senior centers in the region. Wear a costume for a chance to win the costume contest. Come ready to mix and mingle, and dance the night away. Grab your family and friends, and enjoy an evening of refreshments, music and dancing at the Eagle Pointe Recreation Center. Meet new friends from other senior centers.

Fri 10/25 6 p.m.-8 p.m. \$8/\$9 4601.302

Halloween Line Dance Party

Grab your dancing shoes and get ready to shake your skeletons at this ghostly gathering! This line dance party is intended for people with line dance experience that are knowledgeable of the terms and ready to jump into specific dances. Deli sand "witches" will be served but please bring a side or a sweet Halloween treat to share potluck style. And don't forget to dress up! A costume contest will be held to see who has the scariest, the cutest, and the most creative costume. Registration is limited so sign up early.

Sat 10/26 11 a.m.-2 p.m. \$11/\$13 4601.303

Biscuits and Gravy Breakfast

Enjoy hearty biscuits covered in yummy sausage gravy at the active adult center. This annual event benefits the Goodfriends Scholarship Program. Get your meal to go by calling 303-289-3756.

Thu 10/31 7 a.m.-10 a.m. \$4.50

Karaoke and Root Beer Floats

A local Karaoke professional will help you unleash your inner rock star by performing some of your favorite songs at this event. Belt out your favorite tunes or cheer on your musically inclined friends while enjoying classic root beer floats.

Thu 11/7 6 p.m.-8 p.m. \$8/\$9 4601.304

NEW Rummikub Tournament

Do you have what it takes to be the Rummikub champion? All skill levels are welcome to compete to become the Rummikub champion! Top finishers will receive prizes and refreshments will be served.

Wed 11/13 Noon-3 p.m. \$5/\$6 4601.305


Seniors Got Talent at Yellow Rose Event Center

This is your chance to show your skills! Many of us have talents to share but lack the platform to display them. Whether you are a comedian, musician, story teller or artist, we want you to share your talents at this event hosted by the Active Adult Advisory Committee. Sign up with a committee member or Zach Roth at 303-289-3720 to reserve your spot on the stage.

Wed 11/20 6 p.m.-8 p.m. \$6/\$8 4601.306

Lunch Bunch (formally Birthday Lunch)

Catch up with your friends as we serve up a great, nutritionally balanced lunch with dessert. Signup deadline is the Thursday prior to each lunch date. Doors open at 11:45 a.m. for wheelchair seating and other accommodations. Check out the On the Move newsletter for each month's menu and entertainment offering.

Tue 9/17 Noon \$7/\$9  4201.301

Tue 11/19 Noon \$7/\$9  4201.302

Soup Day

Enjoy savory homemade potato soup at the Active Adult Center while supporting the Goodfriends Scholarship Program. Cost is \$5.00 for delicious homemade soup, a fresh roll and dessert. Get your meal to go by calling 303-289-3756.

Wed 12/4 11 a.m.-1 p.m. \$5.00

Goodfriends Holiday Shop and Silent Auction

Whether you have been naughty or nice the Goodfriends Holiday shop is the perfect place to pick out great Christmas decorations or knick-knacks that your house is missing for the holiday season. (Leave adequate space for up to two more sentences of information.) Drop off your donated holiday items in the weeks leading up to the sale. There will also be several amazing silent auction baskets to bid on! All proceeds go to the Goodfriends Scholarship Program.

Wed 12/4 9 a.m.-1 p.m. FREE

Cookies and Caroling

Join the Music Makers and sing along to your favorite Christmas carols. Guests are invited to bring their favorite holiday treat to share with everyone.

Thu 12/19 1 p.m.-3 p.m. FREE



Ask about our Goodfriends Scholarship Program assistance when registering.



BE CREATIVE: MUSIC, DANCE AND CULINARY



Chef Chelly's Culinary Cuisines

Learn, cook, and eat with hands-on culinary classes led by expert Chelly Klann. Chelly demonstrates each recipe in the top of the line instructional kitchen space at Bison Ridge Recreation Center. After dishes complete, the class will enjoy their masterpiece together. Groceries and kitchen clean up included.

Halloween Treats

Come spend the evening creating treats instead of tricks. Learn how to make Halloween classics like Chocolate bats, pumpkin spice peanut butter cups and mummy cupcakes.

Tue 10/29 6 p.m.-8:30 p.m. \$35/\$40 4151.301

Donut Workshop

Ooey, gooey, sweet rounds of doughy love, donuts are a hand-held bite of self-indulgence. Why not learn to make your own? In this 2 1/2 hour class, you'll learn to make, form, bake and fry donuts, creating your own delicious box of tasty wonders to take home.

Sat 11/9 9 a.m.-11:30 a.m. \$35/\$40 4151.302

Christmas Goodies

A little sugar and a lot of fun! Join us for a lesson on making Christmas cookies. From gingerbread, to sugar cookies, and ginger snaps come spending the evening mixing, baking, and decorating your own Christmas cookies.

Thu 12/12 6 p.m.-8:30 p.m. \$35/\$40 4151.303

Square Dancing Lessons: Ages 18 and older

Make a circle of new friends, get fit, and have fun in the square dancing class, led by a professional square dance caller. Lessons follow a slower pace and music than other clubs. This program is for all abilities and no partner is needed.

Thursdays 1:30-2:30 p.m. \$5 drop-in

Line Dance

Join progressive line dance classes for those who love to stay active and fit. Taught by Rosalie Farrer. 5-visit punch card for \$25 or \$6 drop in.

Mondays Beginners

9-10 a.m. \$6 drop-in

Mondays Intermediate

10:15-11:15 a.m. \$6 drop-in

Adult Guitar Level 1: Ages 16 and older

This is a beginner level class where you will learn basic chords, scales and strumming patterns, and fingering techniques set at an adult pace. Must supply own acoustic guitar. All sheet music is provided.

Sat 9/14-10/19 11:15 a.m.-Noon \$32/\$37
8211.301

Sat 11/2-12/14 11:15 a.m. -Noon \$32/\$37
8231.301

**no class 11/30*

Adult Guitar Level 2: Ages 16 and older

This class expands on the techniques learned in Adult level 1 with an emphasis on more complex songs and fingering techniques set at an adult pace. Must supply own acoustic guitar. All sheet music is provided.

Sat 9/14-10/19 12:15-1:00 p.m. \$32/\$37
8212.301

Sat 11/2-12/14 12:15-1:00 p.m. \$32/\$37
8232.301

**no class 11/30*

Guitar Heroes Level 1: Ages 8-15

Learn basic chords, how to read music charts and reinforce your learning by playing simple songs. Must supply own acoustic guitar. All sheet music provided. Instructor may move students between levels in the best interest of the student.

Sat 9/14-10/19 9:15-10:00 a.m. \$32/\$37
8201.301

Sat 11/2-12/14* 9:15-10:00 a.m. \$32/\$37
8221.301

**no class 11/30*

Guitar Heroes Level 2: Ages 8-15

This class expands on the basics learned in Level 1, but allows the teacher to more difficult songs and techniques. Must supply own acoustic guitar. All sheet music provided. Instructor may move students between levels in the best interest of the student.

Sat 9/14-10/19 10:15-11:00 a.m. \$32/\$37
8202.301

Sat 11/2-12/14, 10:15-11:00 a.m. \$32/\$37
8222.301

**no class 11/30*



Ask about our Goodfriends Scholarship Program assistance when registering.



EXPLORE NEW SKILLS: TECH AND OTHER EDUCATION



Ceramics Lab: Ages 18 and older

Express your creativity and explore different techniques and trends in this open forum lab, with guidance from an expert instructor. Free start-up supplies are offered to the first-timer and instructor will advise on further purchases. Fee includes instruction and firing. The same punch card can be used at Tuesday or Wednesday classes.

Tuesday

9 a.m.-Noon R\$20 (five-visit punch card)
NR \$20 (four-visit punch card)

Wednesday

6-9 p.m. R\$20 (five-visit punch card)
NR \$20 (four-visit punch card)

Bringing Print to Life through Audio

Having trouble reading fine print? This informative class will teach how to find local newspapers, books and more through interactive audio. Audio Information Network of Colorado provides free access to recorded programming 24 hours a day. Please register 7 days prior to class date.

Wed 9/18 10:00 a.m.-Noon FREE 4701.302

Pickleball Instructional Workshop: Pickleball 101

If you enjoy badminton, tennis, and racquetball then pickleball is the sport for you! Pickleball is a paddle sport that combines elements from all of these sports to make a unique game of its own. Join us for an instructional pickleball workshop to learn the basics, the rules, and some strategy.

Mon 10/14 10 a.m. FREE 4701.303

Senior Planet - Aging with Attitude

Online since 2006, Senior Planet celebrates aging by sharing information and resources that support aging with attitude, and helps people who were born long before the digital revolution to stay engaged and active by bringing a digital-technology focus to a range of topics.

Senior Planet: Facebook

Curious about Facebook but concerned about privacy? Interested in learning how to set up a profile or a page? Want to learn more about Facebook Live or Town Hall? Join Senior Planet to answer these questions and more. This lecture offers an overview of Facebook's evolution, its most popular features, and tips for getting in on the action. It will also cover privacy settings as well as the role of advertising on Facebook.

Fri 11/15 10 a.m.-12 p.m. Free 4001.301

Senior Planet: Ride Share Apps

Apps have changed the way many people get around! This presentation will explore ride sharing apps, which are also known as e-hailing apps. Learn about the two most popular apps—Uber and Lyft—and the pros and cons of them both.

Fri 11/22 10 a.m. Free 4001.302

Diabetes Self-Management Education Class: Ages 18 and older

Learn how to manage diabetes during a series of four classes led by registered dietitians from the Tri-County Health Department. Each session is interactive and will involve informative group discussion. Topics include diabetes overview, healthy eating, how to monitor blood sugar, diabetes medications, preventing long term complication and more. Friends and family members are welcome to attend for support. Participants are encouraged to attend all four classes. Pre-registration is required for this series. Four Class Series

Sat 11/2, 11/9, 11/16, 11/23
9 a.m. FREE 4751.302

911 Behind the Scenes

Representatives from Adcom will educate on the do's and don'ts of using 911. Learn what constitutes a 911 call or whether to call the non-emergency phone line.

Tue 10/8 10-11:30 a.m. FREE 4701.303

Reverse Mortgages Myths

Learn the myths behind reverse mortgages and the real stories behind the loans. This is an education class to help make a decision which is best for you. Light lunch provided. Please register seven days prior.

Thu 10/17 12 p.m. \$2/\$3 4701.304

What Your Heirs Should Know About Reverse Mortgage

This seminar will provide information on Reverse Mortgages and what the family should know prior to making the decision. Light lunch provided. Please register seven days prior.

Thu 11/14 12 p.m. FREE 4701.305

Folded Christmas Tree Craft Project with Sandy Schmoller

Origami is good for you! It helps with hand- eye coordination, memory, patience and many more skills. Join Sandy in learning how to create Christmas trees out of a simple piece of paper.

Fri 12/6 11 a.m. \$2/\$3 4701.306



Ask about our Goodfriends Scholarship Program assistance when registering.



TRAVEL ON A DAY TRIP



Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
SEPTEMBER							
9/20	F	4501.312	Suncor Tour <i>Join in on this tour to learn more about the operations at Suncor Energy Refinery. Lunch on own.</i>	Denver	1	10 a.m.-2 p.m.	\$6/\$7
9/23	M	4501.304	Dinner Out "Pepper Pod" <i>The Pepper Pod is a local favorite serving made-from-scratch American style meals. Dinner on own.</i>	Hudson	1	4:30 p.m.-8 p.m.	\$8/\$9
9/24	T	4501.313	Lafayette Collectibles & Lunch at "Eats & Sweets" <i>Find your hidden gem at Lafayette Collectibles & Flea Market. Lunch at Eats and Sweets. Lunch on own.</i>	Lafayette	2	10 a.m.-3 p.m.	\$8/\$9
9/26	TH	4501.314	Lively Tours Fall Colors Trip <i>Dave Lively of Lively Talks and Tours gives history of Grand Lake & Rocky Mountain National Park. Lunch on own.</i>	Grand Lake	3	8:30 a.m.-6 p.m.	\$14/\$15
9/27	F	4501.308	Gone Fishing <i>Enjoy a day at a lake. Must bring your fishing license, fishing supplies, chair, sack lunch & drink.</i>	T.B.A.	3	8:30 a.m.-5 p.m.	\$6/7
9/28	S	4501.315	Morrison Cider Fest <i>Enjoy downtown Morrison with live music, arts and craft booths, and of course cider! Lunch on own</i>	Morrison	3	9:30 a.m.-3 p.m.	\$8/\$9
9/30	M	4501.316	Lunch & Movie <i>Entrance to movie included. Lunch on own.</i>	Denver	1	10:30 a.m.-5 p.m.	\$8/\$9
OCTOBER							
10/2	W	4501.317	Diners, Drive-ins & Dives Café Brazil <i>Watch an episode of the Food Networks Show then travel to Cafe Brazil to enjoy the food! Lunch on own.</i>	Denver Metro Area 1		10:30 a.m.-3 p.m.	\$8/\$9
10/4	F	4501.318	Colorado Rail Road Museum "Murder & Mayhem" <i>Learn how railroads shaped the American West along with strange events surrounding that era. No meal stop.</i>	Golden	3	5:45 p.m.-9:15 p.m.	\$32/\$33
10/9	W	4501.310	Gambling "Z's Casino" <i>Bring the entire family for a festival full of fun, games, train & hayrides and more! Lunch on own.</i>	Black Hawk	3	9 a.m.-3 p.m.	\$8/\$9
10/11	F	4501.309	Gone Fishing <i>Enjoy a day at a the lake. Must bring your fishing license, fishing supplies, chair, sack lunch & drink</i>	T.B.A.	3	8:30 a.m.-5 p.m.	\$6/7
10/12	Sa	4551.301	Barr Lake Harvest Festival <i>Includes miniature golf. Lunch costs on own. Departs from Bison Ridge</i>	Brighton	3	9 p.m. - 2 p.m.	\$9/\$10
10/16	W	4501.303	Mystery Trip <i>Only the organizer knows the destination, but it is sure to be fun!</i>	???	3	9 a.m.-5 p.m.	\$10/\$11
10/23	W	4501.319	The Carriage Shoppes Tea Room <i>A livery stable transformed into a tearoom full of history, enjoy the Shoppe's next door! Lunch included.</i>	Elizabeth	1	9:45 a.m.-2:45 p.m.	\$40/\$41
10/28	M	4501.305	Dinner Out "Wishbone" <i>Famous for fried chicken, this family owned restaurant has been in business for over 50 years. Dinner on own.</i>	Westminster	1	4:30 p.m.-8 p.m.	\$8/\$9



Ask about our Goodfriends Scholarship Program assistance when registering.



TRAVEL ON A DAY TRIP



Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
NOVEMBER							
11/1	F	4501.320	Diners, Drive-in & Dives <i>Watch an episode of the Food Networks Show then travel to the restaurant to enjoy the food! Lunch on own.</i>	Denver Metro Area	1	10:30 a.m.-2 p.m.	\$8/\$9
11/6	W	4501.321	Tap & Taste Olive Oil Company <i>This family owned and operated business offers the finest olive oil and vinegar to the community. Lunch costs on own</i>	Westminster	2	10:30 a.m.-2:30 p.m.	\$8/\$9
11/8	F	4501.322	Lunch at Jacksons & Celebrity Lanes Bowling <i>Enjoy a meal at Jackson's followed by bowling @ Celebrity Lanes. Bowling included. Lunch on own.</i>	Centennial	3	10:30 a.m.-4 p.m.	\$11/\$12
11/12	T	4501.301	Indian Springs hot springs <i>Relax at the natural hot springs. Admission is in addition to trip fee. Lunch on own</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$10/\$11
11/18	M	4501.306	Dinner Out "Black Eyed Pea" <i>Stick-to-your-ribs Southern Food served in a family friendly setting. Dinner on own.</i>	Westminster	1	4:30 p.m.-8 p.m.	\$8/\$9
11/20	W	4501.323	Hotel Boulderado Tour & Lunch <i>Tour this historic hotel, which opened its doors in 1909. Lunch on own.</i>	Boulder	2	9:45 a.m.-2 p.m.	\$10/\$11
11/30	Sa	4501.328	Greeley's Light The Night Parade <i>Start the holiday season with Greeley's Light the Night Parade. Early dinner at Mad Cow Saloon. Dinner on own.</i>	Greeley	3	3 p.m.-10 p.m.	\$9/\$10
DECEMBER							
12/5	TH	4501.311	Gambling "Lady Luck" <i>Take in the beautiful scenery on the way to Z's Casino. Lunch on own.</i>	Black Hawk	3	9 a.m.-3 p.m.	\$8/\$9
12/7	Sa	4501.324	Georgetown Christmas Market <i>Visit this mountain town to experience a traditional holiday with St. Nick and Carolers. Lunch on own.</i>	Georgetown	3	9:30 a.m.-3:30 p.m.	\$9/\$10
12/11	W	4501.326	Lunch & Movie <i>Enjoy lunch and a movie with friends. Fee includes entrance to movie. Lunch on own.</i>	Arvada	1	10:30 a.m.-5 p.m.	\$7/\$8
12/13	F	4501.327	Celestial Seasoning Tour <i>Headquartered in Boulder, this tour give you a behind the scene on the process of tea making. Lunch on own.</i>	Boulder	2	10 a.m.-2 p.m.	\$8/\$9
12/16	M	4501.307	Dinner Out "Bastien's" <i>Famous for their "Sugar" steaks, Bastien's has been serving the community since 1937. Dinner on own.</i>	Denver	1	4:30 p.m.-8 p.m.	\$8/\$9
12/17	T	4501.325	Santa's Village Chatfield Farms <i>Enjoy the views of holiday lights in this magical village. Dinner on own.</i>	Littleton	3	3 p.m.-8 p.m.	\$20/\$21

\$ Ask about our Goodfriends Scholarship Program assistance when registering.

We want your feedback on classes and programs. Share your ideas at c3gov.com/prgsurvey.

ACTIVE ADULTS



DROP-IN PROGRAMS AND RESOURCES

Drop-in programs are on site



Colorado Talking Book Library

The Eagle Pointe Recreation Center has partnered with the Colorado Talking Book Library to bring those with vision impairments or vision loss access to free service audio, braille and large print books or magazines. See Vicki Masters for more details or to use equipment.

Life Isn't Easy

Come share your life experiences, good and bad, in this monthly support group. The group meets on the first and third Monday of every month to discuss topics such as the joys and pains of daily living, aging, the loss of a loved one, financial hardship, medical diagnoses and care-giving. This group is member lead.

9/16, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16 10-11:30 a.m.


Wellness Program

The Visiting Nurses Association operates a monthly health clinic for seniors. They check blood pressure, provide nail and foot care for diabetics and others. You must schedule an appointment with the Active Adult Center to participate in the health clinic. Cancellations must be made 24 hours in advance. Make an appointment by stopping by the Active Adult Center or by calling 303-289-3756.

Medicare/Medicaid 101: Benefits In Action

Have questions about Medicare/Medicaid? Want to know what you qualify for? Join us and Benefits In Action in Medicare/Medicaid 101 to get information and get these questions and many more answered. Benefits In Action is a nonprofit organization located in Colorado that strives to increase understanding, access, and utilization of healthcare resources.

Wed 9/18 2 p.m.-4 p.m. FREE 4701.309 

Wed 9/25 9 a.m.-11 a.m. FREE 4051.301 

Medicare/Medicaid Counseling with Benefits In Action

Confused about health and health care? Have no idea how to navigate the system? Don't understand your benefits or what benefits you may be eligible for? Benefits In Action can help! Join Benefits In Action in drop-in counseling sessions that strive to help you understand healthcare. Call Zach Roth at 303-289-3720 to set up your appointment.

3rd and 4th Thursday in Oct. 9 a.m.-11 a.m. FREE

1st and 3rd Thursday Nov. 9 a.m.-11 a.m. FREE

DROP-IN FOR FREE AND FUN ACTIVITIES

Activity	Day	Time
Eagle Pointe		
Billiards	Mon-Fri	8:30 a.m.-4 p.m.
Jigsaw Puzzles	Mon-Fri	8 a.m.-4 p.m.
Dominos	Mon	Noon
Potluck/Bingo	1st Tue	Noon
Movie Matinee	4th Tue	1 p.m.
Bunco	2nd Tue	1 p.m.
Quilting	Wed	9-11 a.m.
Rummikub	Wed	Noon
Bingo	4th Thur	1 p.m.
Beading	Fri	10 a.m.-Noon
Card games	Fri	1 p.m.
Coloring Group	2nd and 4th Mon	10 a.m.
Walking Group	1st and 3rd Fri	10 a.m.
Bison Ridge		
Yarn Crafts	2nd Wednesdays	9 a.m.
Coffee and Crafts	1st Tuesdays	9 a.m.
Cards/ Board Games	3rd Fridays	1 p.m.
Trivia	2nd Thursdays	7 p.m.

REGISTRATION • Bison Ridge 303-286-6801 • Eagle Pointe 303-289-3789 • c3gov.com/register



POOL INFORMATION

Please observe these safety guidelines and policies during your visit



GENERAL INFORMATION

The pools at both Eagle Pointe and Bison Ridge are open from 5:30am – 9pm Monday through Friday; 7am – 6pm on Saturdays; 8am-5:30pm on Sundays.

Each facility offers a wide variety of activities and programs including lap and open swim times, family swim times, Aquafit classes, Party rentals, and swimming lessons.

For specific and up-to-date times for pool usage and availability, please visit our website at recreation.c3gov.com/rec-centers-pools or stop by to pick up a pool schedule from the location of your choice.

SWIMMING SAFETY AND GUIDELINES

• Instructions from the lifeguard must be obeyed at all times

- Please be courteous. Foul language, horseplay, fighting or abusive behavior will not be tolerated.

• Proper swim attire is required.

- Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.
- Personal safety devices must be removable and Type III Coast Guard approved. Inflatable devices, including water wings and float rings are not allowed. Infant inflatables must have a seat in the bottom.

• User requirements

- Children age 5 and younger must be accompanied in the water and remain within arm's reach of an adult, age 18 or over, at all times.
- A person age 16 or older must remain on the pool deck and directly supervise any child between the ages of 6-11 in the pool.
- Children age 12 and older may swim without adult supervision.
- Children who are not toilet trained must wear swim diapers.
- To ride the slides, users must meet the minimum height requirements. 48in at Bison Ridge; 54in at Eagle Pointe

Additional guidelines:

- All swimmers must shower before entering the pool area.
- Changing clothes on deck is prohibited.
- Acceptable personal pool equipment includes noodles, kickboards, beach balls, dive sticks, and other soft balls; however use of all items is up to the discretion of the lifeguard.
- Flotation devices (excluding lifejackets) are not allowed in any area where the user cannot touch the bottom of the pool.
- Use of facility aquatic equipment is not allowed during open swim times.
- Diving is restricted to the 9ft area at Eagle Pointe only.
- A swim test must be passed by any user wishing to use the deep end, regardless of age.
- No Running.
- Food, gum, alcohol, and glass containers are not allowed in the pool area. Drinks in sealable, spill proof containers are permitted.

POOL ACCESSIBILITY

Both facilities feature an accessible lift and zero depth stairs with handrails. Bison Ridge has a zero depth area. Eagle Pointe has an accessible ramp and an additional lift in the therapy pool area.



SWIMMING LESSONS



PRIVATE SWIMMING LESSONS

Excel in swimming with one-on-one instruction. Participants of all ability levels, ages 3 and up, are welcome. There are 2 ways to begin private lessons.

Submit a Request

Private lesson request forms are available at the front desk at both facilities. Once the form is received, an instructor will contact you directly to schedule the lesson. Lessons requests are subject to staff availability and available pool space and cannot be guaranteed.

Private (1 person/30 minutes)

\$20R/\$26NR

Semi-private (2 people/30 minutes)

\$26R/\$38NR

Private (1 person/30 minutes)

\$100R/\$130NR

Semi-private (2 people/30 minutes)

\$130R/\$190NR

Register

Registered private lessons are available at **Eagle Pointe** only. Classes take place once a week for 5 weeks.

Days	Class time	Session 1 9/23-10/24	Session 2 11/4-12/5
Monday	4:30-5:00 p.m.	6701.307	6702.307
	5-5:30 p.m.	6701.308	6702.308
	6-6:30 p.m.	6701.309	6702.309
Tuesday	4:30-5:00 p.m.	6701.301	6702.301
	5-5:30 p.m.	6701.302	6702.302
	6-6:30 p.m.	6701.303	6702.303
Wednesday	4:30-5:00 p.m.	6701.310	6702.310
	5-5:30 p.m.	6701.311	6702.311
	6-6:30 p.m.	6701.312	6702.312
Thursday	4:30-5:00 p.m.	6701.304	6702.304
	5-5:30 p.m.	6701.305	6702.305
	6-6:30 p.m.	6701.306	6702.306

GROUP LESSONS LEVELS

Level 1 Water Adjustment	Level 2 Fundamentals	Level 3 Independent Swim
<p>is appropriate if your child:</p> <ul style="list-style-type: none"> • Has a fear of the water • Will not put their face in the water • Can hold on to the side of the pool independently <p>~ Designed for children who are new to, or slightly afraid of, the water.</p>	<p>is appropriate if your child:</p> <ul style="list-style-type: none"> • Will put their face in the water • Can perform a supported float without apprehension • Will explore the water freely without fear <p>~ Teaches independent floating, basic stroke techniques and water safety</p>	<p>is appropriate if your child:</p> <ul style="list-style-type: none"> • Can perform a front and back float independently • Will jump into 3-4 feet of water without assistance • Can swim 10 yards of elementary backstroke <p>~ Combines breathing, stroke technique and distance swimming</p>



GROUP LESSONS CONTINUED

Level 4 Stroke Techniques	Level 5 Stroke Mechanics	Level 6 Swim Team Prep
<p>is appropriate if your child:</p> <ul style="list-style-type: none"> • Can swim half the pool length without stopping • Is efficient in side breathing technique • Can jump into 9 feet of water without assistance <p>~ Builds endurance and improves stroke techniques</p>	<p>is appropriate if your child:</p> <ul style="list-style-type: none"> • Can efficiently swim 1 pool length without stopping • Can tread water continuously for at least 3 minutes • Has been introduced to all kicking and stroke styles <p>~ Refines strokes in preparation for competitive swimming</p>	<p>is appropriate if your child:</p> <ul style="list-style-type: none"> • Can swim a minimum of 2 laps without stopping • Is efficient in all competition strokes (front crawl, backstroke, butterfly, and breast stroke) <p>~ Focuses on endurance and competitive swimming skills</p>

Unsure which level is best for your child?

Call to speak with a swimming program specialist about your child's abilities or to schedule a free assessment. Eagle Pointe: 303-289-3711; Bison Ridge: 303-289-3669

Water Babies: Ages: 6-17 months

This introductory class is designed to introduce infants to the water while parents will learn how to work with their child safely in the water

Parent-tot: Ages: 18 months to 2 years old.

This class for toddlers is designed to help parents learn how to handle their child safely in the water while the children learn basic swimming and water safety skills, build confidence, and become comfortable in and around the pool.

**Adult Lessons: Ages: 16 & over
Offered at Eagle Pointe only.**

Group lessons suitable for all skill levels. Sign up to learn how to swim, build endurance, or learn new skills to enhance your stroke.

**Young Adult/Pre-lifeguarding: Ages: 13-15
Offered at Eagle Pointe only**

This class is for young adults with minimal or no swimming ability. It focuses on teaching fundamental skills as well as minimum requirements to pass a lifeguard training pre-test. (minimum age requirements for employment as a lifeguard is 16yrs of age)

For specific class days and times, please refer to class schedules listed on pages 14 and 16 in the brochure.

Need to set up an online account?
 ~ To set up an online registration account, visit apm.activecommunities.com/c3gov/Home
Important! – Online registration accounts must be set up at least 48 hours in advance, weekends excluded, and children or other family members can only be added to your account by a recreation staff member.

Swimming Lesson Fees

	Mon/Wed and Tue/Thurs Sessions		Wednesday and Saturday Sessions	
	Resident	Nonresident	Resident	Nonresident
25 min classes	\$20	\$28	\$10	\$14
45 min classes	\$25	\$33	\$12.50	\$16.50
Swim Team Prep	\$30	\$38	\$15	\$19

Swimming Lesson Registration

The first day of registration for swimming lessons is for residents only and can only be done online. Non-resident, phone, and walk-in registrations are will not be available until the day after online registration begins. Registration opens at 10:00 a.m. and will close at 5:30 p.m. on the last day of the registration period.

- Registration Dates
 Bison Ridge registration dates are Session 1: 9/3-9/5 Session 2: 10/14-10/16
 Eagle Pointe registration dates are Session 1: 9/16 - 9/18 Session 2:10/28-10/30



PROGRAMS AND ACTIVITIES AT BISON RIDGE



Programs and Activities at Bison Ridge

Swimming Lesson Schedule – Ages 6 mon. - 17 yrs.

Level	Wednesday Evening Lessons				Tuesday/Thursday Evening Lessons			
	Class time	Session 1 9/11-10/9	Session 2 10/23-11/20	Class time	Session 1 9/10-10/10	Session 2 10/22-11/21		
Water Adjustment Level 1 ages 3-5	5:30-5:55 p.m.	6151.301	6152.301	5:30-5:55 p.m.	6151.305	6152.305		
	6-6:25 p.m.	6151.302	6152.302	6:30-6:55 p.m.	6151.306	6152.306		
	6:30-6:55 p.m.	6151.303	6152.303	9-9:25 a.m.	6151.311	6152.311		
	7-7:25 p.m.	6151.304	6152.304					
Fundamentals Level 2 ages 3-5	5:30-5:55 p.m.	6251.301	6252.301	6-6:25 p.m.	6251.305	6252.305		
	6-6:25 p.m.	6251.302	6252.302	6:30-6:55 p.m.	6251.306	6252.306		
	6:30-6:55 p.m.	6251.303	6252.303	7-7:25 p.m.	6251.307	6252.307		
	7-7:25 p.m.	6251.304	6252.304	9-9:25 a.m.	6251.310	6252.310		
Fundamentals Level 2 ages 6-12	5:30-6:15 p.m.	6261.301	6262.301	6-6:45 p.m.	6261.302	6262.302		
				7-7:45 p.m.	6261.303	6262.303		
Independent Swim Level 3 ages 3-5	6:30-6:55 p.m.	6351.301	6352.301	5:30-5:55 p.m.	6351.303	6352.303		
	7-7:25 p.m.	6351.302	6352.302	6:30-6:55 p.m.	6351.304	6352.304		
				7-7:25 p.m.	6351.305	6352.305		
				9:30-9:55 a.m.	6351.308	6352.308		
Independent Swim Level 3 ages 6-12	6:30-7:15 p.m.	6361.301	6362.301	5:30-6:15 p.m.	6361.302	6362.302		
				7-7:45 p.m.	6361.303	6362.303		
Stroke Techniques Level 4 ages 6-12				5:30-6:15 p.m.	6461.301	6462.301		
Swim Team Prep Level 6 ages 8-17	5:30-6:30 p.m.	6861.301	6862.301					

Saturday Morning Lessons

Level	Class time	Session 1 9/14-10/12	Session 2 10/26-11/23
Water Babies ~ Ages 6-17mos	9-9:25 a.m.	6051.301	6052.301
Parent-tot ~ Ages 18mos-2yrs	9:30-9:55 a.m.	6051.302	6052.302
Water Adjustment ~ Level 1 ages 3-5	9-9:25 a.m.	6151.307	6152.307
	9:30-9:55 a.m.	6151.308	6152.308
	10-10:25 a.m.	6151.309	6152.309
	11-11:25 a.m.	6151.310	6152.310
Fundamentals ~ Level 2 ages 3-5	10:30-10:55 a.m.	6251.308	6252.308
	11:30-11:55 a.m.	6251.309	6252.309
Fundamentals ~ Level 2 ages 6-12	11-11:45 a.m.	6261.304	6262.304
Independent Swim ~ Level 3 ages 3-5	10-10:25 a.m.	6351.306	6352.306
	11:30-11:55 a.m.	6351.307	6352.307
Independent Swim ~ Level 3 ages 6-12	10:30-11:15 a.m.	6361.304	6362.304
Stroke Techniques ~ Level 4 ages 6-12	9-9:45 a.m.	6461.302	6462.302
	10-10:45 a.m.	6461.303	6462.303
Stroke Mechanics ~ Level 5 ages 6-12	9-9:45 a.m.	6561.301	6562.301
	10-10:45 a.m.	6561.302	6562.302
Swim Team Prep	11 a-Noon	6861.302	6862.302

*All swimming lessons must meet minimum enrollment requirements for the class to run



PROGRAMS AND ACTIVITIES AT BISON RIDGE



AQUAFIT SCHEDULE

Ages: 16 and older for all classes

ACTIVITY	Time	Medium Impact	Medium Intensity	High Impact	High Intensity
Fluid Motion	M/W 8-9 a.m.	X	X		
Ebb & Flow	T/Th 8-9 a.m.			X	X
Aqua Zumba	Mon 6:30-7:30 p.m.	X			X
Hydro Power	T/Th 5:30-6:30 p.m.			X	X

For the most up to date class schedule please visit:
recreation.c3gov.com/classes-programs/fitness



HOST A POOL PARTY AT BISON RIDGE!

Bison Ridge

Parties at Bison Ridge may be scheduled from 12:30-2:30 p.m. or 3:15-5:15 p.m. Saturdays and Sundays only

Fees	Option A	Option B
Resident	Single Room INCLUDES PARTY HOST, 15 SWIMMERS, 3 TABLES, SEATING FOR 12, AND MAX ROOM CAPACITY OF 20 PEOPLE. Single Room \$115 Double Room \$190	Double Room INCLUDES PARTY HOST, 30 SWIMMERS, 6 TABLES, PLACE SETTINGS FOR 30, DECORATIONS AND MAX ROOM CAPACITY OF 40 PEOPLE. Single Room \$175 Double Room \$300
Non-Resident	Single Room INCLUDES PARTY HOST, 15 SWIMMERS, 3 TABLES, PLACE SETTINGS FOR 12, DECORATIONS AND MAX ROOM CAPACITY OF 20 PEOPLE. Single Room \$140 Double Room \$230	Double Room INCLUDES PARTY HOST, 30 SWIMMERS, 6 TABLES, SEATING FOR 30, AND MAX ROOM CAPACITY OF 40 PEOPLE. Single Room \$150 Double Room \$260

Additional swimmers may be purchased the day of the party. Fees are \$1.50 per person for 17 and under / \$2.50 for 18 and older. Limited quantities.

Decoration packages include tablecloths, plates, cups, napkins, forks, a balloon bouquet, and a gift bag for each child in attendance.

Fees do not include tax.



PROGRAMS AND ACTIVITIES AT EAGLE POINTE



Swimming Lesson Schedule – Ages ages 6 months - 17yrs

Level	Class time	Monday/Wednesday Evening Lessons		Tuesday/Thursday Evening Lessons		
		Session 1 9/23-10/23	Session 2 11/4-12/4	Session 1 9/24-10/24	Session 2 11/5-12/5	Session 2
Water Adjustment Level 1 ages 3-5	4:30-4:55 p.m.	6101.305	6102.305	4:30-4:55 p.m.	6101.301	6102.301
	5:30-5:55 p.m.	6101.306	6102.306	5:30-5:55 p.m.	6101.302	6102.302
Fundamentals Level 2 ages 3-5	4:30-4:55 p.m.	6201.305	6202.305	4:30-4:55 p.m.	6201.301	6202.301
	5:30-5:55 p.m.	6201.306	6202.306	5:30-5:55 p.m.	6201.302	6202.302
Fundamentals Level 2 ages 6-12	5-5:45 p.m.	6211.305	6212.305	5-5:45 p.m.	6211.301	6212.301
	6:30-7:15 p.m.	6211.306	6212.306	6:30-7:15 p.m.	6211.302	6212.302
Independent Swim Level 3 ages 3-5	5-5:25 p.m.	6301.305	6302.305	5-5:25 p.m.	6301.301	6302.301
	6-6:25 p.m.	6301.306	6302.306	6-6:25 p.m.	6301.302	6302.302
Independent Swim Level 3 ages 6-12	6-6:45 p.m.	6311.305	6312.305	6-6:45 p.m.	6311.301	6312.301
	6:30-7:15 p.m.	6311.306	6312.306	6:30-7:15 p.m.	6311.302	6312.302
Stroke Techniques Level 4 ages 6-12	4:30-5:15 p.m.	6401.303	6402.303	4:30-5:15 p.m.	6401.301	6402.301
	5:30-6:15 p.m.	6501.303	6502.303	5:30-6:15 p.m.	6501.301	6502.301
Stroke Mechanics Level 5 ages 6-12	6:30-7:30 p.m.	6811.301	6812.301	Not Offered		
Swim Team Prep Level 6 ages 8-17	Not Offered		6:30-7:15 p.m. 6611.301 6612.301			
Young Adult	Not Offered		6:30-7:15 p.m. 6611.301 6612.301			

Saturday Morning Lessons			
Level	Class time	Session 1	Session 2
		9/28-10/26	11/9-12/7
Water Babies ~ Ages 6-17mos	9-9:25 a.m.	6001.301	6002.301
Parent-tot ~ Ages 18 mos-2yrs	9:30-9:55 a.m.	6001.302	6002.302
Water Adjustment ~ Level 1 ages 3-5	9-9:25 a.m.	6101.303	6102.303
	10-10:25 a.m.	6101.304	6102.304
Fundamentals ~ Level 2 ages 3-5	9:30-9:55 a.m.	6201.303	6202.303
	10:30-10:55 a.m.	6201.304	6202.304
Fundamentals ~ Level 2 ages 6-12	10-10:45 a.m.	6211.303	6212.303
	11-11:45 a.m.	6211.304	6212.304
Independent Swim ~ Level 3 ages 3-5	10-10:25 a.m.	6301.303	6302.303
	11:30-11:55 a.m.	6301.304	6302.304
Independent Swim ~ Level 3 ages 6-12	10:30-11:15 a.m.	6311.303	6312.303
	11-11:45 a.m.	6311.304	6312.304
Stroke Techniques ~ Level 4 ages 6-12	9-9:45 a.m.	6401.302	6402.302
Stroke Mechanics ~ Level 5 ages 6-12	10-10:45 a.m.	6501.302	6502.302
Swim Team Prep ~ Level 6 ages 8-17	11 a.m. - Noon	6811.302	6812.302
Adult - Ages 16 & up	9-9:45 a.m.	6601.301	6602.301

*All swimming lessons must meet minimum enrollment requirements for the class to run



PROGRAMS AND ACTIVITIES AT EAGLE POINTE



AQUAFIT SCHEDULE

Ages: 16 and older for all classes

ACTIVITY	Time	Low Impact	Low Intensity	Medium Impact	Medium Intensity
Ai' Chi	Wed 11-11:45am	X	X		
Liquid Silver	T/Th 9:30-10:15am	X	X		X
Fluid Motion	M/W 8-9 a.m.			X	X
Ebb and Flow	T/Th 6:30-7:30 p.m.			X	X
Aqua Zumba	Wed 6:45-7:30 p.m.	X			X

For the most up to date class schedule please visit:
recreation.c3gov.com/classes-programs/fitness



HOST A POOL PARTY AT EAGLE POINTE!

Eagle Pointe

Parties are from 1-3 p.m. Saturdays and Sundays only

Option A

INCLUDES 15 SWIMMERS, 4 TABLES,
SEATING FOR 24, AND MAX ROOM CAPACITY
OF 30 PEOPLE

Resident - \$85 / Non-resident - \$120

Option B

INCLUDES 15 SWIMMERS, 4 TABLES,
PLACE SETTINGS FOR 24,
DECORATIONS AND MAX ROOM
CAPACITY OF 30 PEOPLE.

Resident - \$120 / Non-resident - \$150

Additional swimmers may be purchased the day of the party. Fees are \$1.50 per person for 17 and under / \$2.50 for 18 and older. Limited quantities.

Decoration packages include tablecloths, plates, cups, napkins, forks, a balloon bouquet, and a gift bag for each child in attendance.

Fees do not include tax.



PROGRAMS AND ACTIVITIES AT EAGLE POINTE

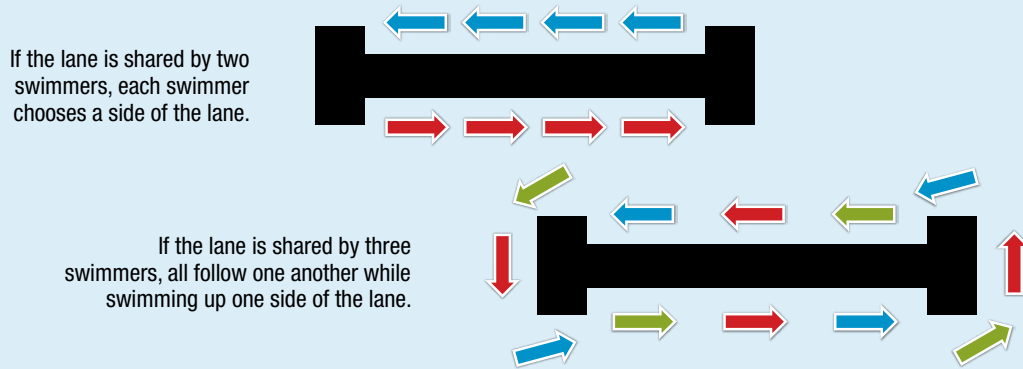


THERAPY POOL

- Therapeutic Swim in the therapy pool at Eagle Pointe is dedicated for persons with valid or diagnosed therapeutic needs and is designed for those 18 years of age or older. Activities are limited to mild exercise, stretching, walking, immersion, and relaxation practices. High intensity and high volume activities, vigorous exercise, and rough play are highly discouraged
- Youth ages 17 and under with therapeutic needs are allowed but must be accompanied by an adult or therapist at all times.
- Family Swim times are limited to the lower River/Activity area only with a max capacity of 25 people.

LAP POOL

- Lap lanes are reserved for lap swimming only. Please refer to the diagram below for lap swimming etiquette during high use times. All ages are welcome during the scheduled "all ages" times.
- Open Side is available for water walking, exercising, basketball, and a variety of other uses. Please refer to the pool schedule for usage restrictions due to programming and age.



STEAM ROOM

Must be 16 or older to use steam room

- **Do not exceed 10 minutes in the steam room**
 - Long exposure may result in nausea, dizziness, or fainting
- **Please shower before entering steam room**
 - No shaving
 - Use of personal lotions, oils, sprays, soaps, etc. is not permitted in the steam room
- **Pregnant women and persons with medical conditions should not enter the steam room without medical consultation**
- **Proper swim attire required**
 - Sweat suits, long pants and shirts, sweat shirts and pants, and tennis shoes are not allowed



The age range included with dance class descriptions is a general guideline. Instructors will recommend the appropriate class level for students based on their skills. Students who start in one class might be asked to move to a different class in an effort to match abilities. Fall performance classes will end with a winter recital December 15th at Bison Ridge Recreation Center. **Register early to take advantage of discounted class fees.**

Creative Movement

This class introduces children to ballet fundamentals, giving participants an increased body awareness and confidence. Coed participants move to music, using their imagination and energy. Tap and ballet shoes are required.

Non-Performance

Age-3

Mon 9/16-12/9 5:15-5:45 p.m.
1001.301 by 9/3 \$55/\$65
on 9/4 \$65/\$75

*No class 10/28. – Eagle Pointe

Age 3

Wed 9/11-12/11 5:30-6 p.m.
1051.301 by 9/3 \$60/\$70
on 9/4 \$70/\$80

*No class 10/30. – Bison Ridge

Performance

Age 4

Thu 9/12-Recital 6:30-7 p.m.
1051.302 by 9/3 \$60/\$70
on 9/4 \$70/\$80

*No class 10/31 or 11/21. – Bison Ridge

Age-4

Mon 9/16-Recital 5:45-6:15 p.m.
1001.303 by 9/3 \$65/\$75
on 9/4 \$75/\$85

*No class 10/28. – Eagle Pointe

Jazz, Ages 7-4

Thu 9/12-Recital 5:30-6:30 p.m.
1651.301 by 9/3 \$76/\$86
on 9/4 \$86/\$96

*No class 10/31 or 11/21. – Bison Ridge

Performance

Ballet & Tap

Children are introduced to dance fundamentals and move progressively through dance classes, developing balance, steps, three positions and footwork. Coed classes emphasize having fun and expressing yourself through dance. Tap and ballet shoes are required.

Beginning, Ages 5-6

Mon 9/16-Recital 6:15-7 p.m.
1101.301 by 9/3 \$73/\$83
on 9/4 \$83/\$93

*No class 10/28. – Eagle Pointe

Mon 9/16-Recital 7-7:45 p.m.
1101.302 by 9/3 \$73/\$83
on 9/4 \$83/\$93

*No class 10/28. – Eagle Pointe

Thu 9/12-Recital 7-7:45 p.m.
1151.301 by 9/3 \$73/\$83
on 9/4 \$83/\$93

*No class 10/31 or 11/21. – Bison Ridge





FALL IN LOVE WITH DANCE

Class lineup offers something for all ages



Performance

Beginning Poms

The poms program prepares dancers for high school, college, or professional dance teams. The classes teach sharp, clean motions through floor and pom combinations. These classes also concentrate on the many skills that are required by dance teams such as jumps, leaps, and turns.

Ages 8 to 12

Wed 9/11-Recital 6-7 p.m.
1451.301 by 9/3 \$81/\$91
on 9/4 \$91/\$101

No class 10/30. – Bison Ridge

Tue 9/18-Recital 7:30-8:30 p.m.
1411.301 by 9/3 \$76/\$86
on 9/4 \$86/\$96

**No class 10/29.* – Eagle Pointe

Performance

Lyrical Dance

Lyrical dance is a popular contemporary dance type that fuses modern, jazz and ballet styles. Participants learn to feel the music in this challenging and fun form of dance, using emotions to convey the passion of a song or story of a dance. Students may wear lyrical sandals, ballet shoes, and jazz shoes or go barefoot in this coed class. Loose-fitting workout or dance clothing is a must. Ages 12 and older

Wed 9/11-Recital 7-8 p.m.
1391.301 by 9/3 \$81/\$91
on 9/4 \$91/\$101

**No class 10/30.* – Bison Ridge

Performance

Hip Hop

Move, groove and have a blast while learning basic combinations to the sounds of popular hip hop music with this high-energy, “street-style” dance.

Beginning, ages 7-10

Tue 9/18-Recital 5:30-6:30 p.m.
1201.301 by 9/3 \$76/\$86
on 9/4 \$86/\$96

**No class 10/29.* – Eagle Pointe

Tue 9/10-Recital 5:30-6:30 p.m.
1251.301 by 9/3 \$81/\$91
on 9/4 \$91/\$101

**No class 10/29.* – Bison Ridge

Intermediate Level, ages 11-16

Tue 9/18-Recital 6:30-7:30 p.m.
1211.301 by 9/3 \$76/\$86
on 9/4 \$86/\$96

**No class 10/29.* – Eagle Pointe

Tue 9/10-Recital 6:30-7:30 p.m.
1261.301 by 9/3 \$81/\$91
on 9/4 \$91/\$101

**No class 10/29.* – Bison Ridge

Advanced Level, by instructor invitation only

Tue 9/10-Recital 7:30-8:30 p.m.
1291.301 by 9/3 \$81/\$91
on 9/4 \$91/\$101

**No class 10/29.* – Bison Ridge

Non-Performance

Ballet Basics, ages 3

Ballet Basics emphasizes coordination, musicality, basic skills, classroom etiquette, and a love for dance while teaching early ballet steps.

Mon 9/11-12/11 6:30-7 p.m.
1651.301 by 9/3 \$60/\$70
on 9/4 \$70/\$80

**No class 10/28.* – Bison Ridge

Performance

Ballet Basics, ages 4

Ballet Basics emphasizes coordination, musicality, basic skills, classroom etiquette, and a love for dance while teaching early ballet steps.

Mon 9/11-Recital 7-7:30 p.m.
1651.302 by 9/3 \$60/\$70
on 9/4 \$70/\$80

**No class 10/28.* – Bison Ridge

Performance

Introduction to Ballet, ages 5-6

Introduction to ballet teaches grace, coordination, strength, flexibility, musicality, balance, and is the backbone of all dance forms.

Mon 9/11-Recital 7:30-8:15 p.m.
1661.301 by 9/3 \$78/\$88
on 9/4 \$88/\$98

**No class 10/28.* – Bison Ridge





DROP-IN GROUP FITNESS

Group Fitness classes are included with a recreation center membership or punch card. Participants must be 16 years of age or older to participate in classes. Classes are limited to the first 27 people maximum and cycling are limited to the first 13 riders. SilverSneakers Classes do not require a SilverSneakers membership to attend. The most up to date information about classes and their times can be found online at: recreation.c3gov.com/classes-programs/fitness (www.c3gov.com/fitness)
Patrons must be 14 years or age or older to access the cardio space and use fitness equipment.

▶ **CARDIO + STRENGTH INTERVAL TRAINING**

Cardio + Strength classes combine exercises that elevate your heart rate to increase cardiovascular endurance and strength exercises, using a variety of equipment, and help you gain muscle. All levels welcome.

▶ **CYCLING**

Indoor cycling classes are a low-impact, high calorie burn cardio session, we have knowledgeable instructors to help you get your bike set up correctly and comfortably to ensure you get the most out of your workout. Beginners through advanced welcome.

▶ **DANCE BASED**

Danced based classes will give you a total body workout while grooving to different genres of music, from Latin inspired music to today's hottest hits. Our dance fitness classes will leave you sweating and wanting more! For all levels of fitness.

▶ **WEIGHT TRAINING**

Experience a full body strength training work out in our weight training drop-in courses. We have a variety of strength based classes including, a quick, 30-minute strength training to class to an hour long barbell class. All fitness levels welcome.

▶ **SILVER SNEAKERS**

Four our Active Adults, but open to everyone, we offer three different SilverSneakers classes, 5 days a week between Bison and Eagle Pointe Recreation Centers. Join SilverSneakers Classic, SilverSneakers Circuit, or SilverSneakers Yoga (also great for recovering from an injury) that combines fun and fitness to increase your cardiovascular endurance, muscular strength, and cognitive abilities.

▶ **YOGA/PILATES**

These classes offer a variety of movements and poses that improve flexibility, posture, and core strength. We have gentle yoga classes, higher flexibility intensity vinyasa flow and sun salutation yoga classes, and many different Pilate's classes that focus on strengthening and toning your whole body.

SPECIALTY FITNESS & WELLNESS

Women on Weights

18 years and older

Are you bored with your current exercise program? Women on weights encompass multiple formats utilizing dumbbells, barbells, bands, steps, stability and core training. It's perfect for women who would like to learn the proper mechanics of weight training while focusing on muscular strength, core and endurance.

Cost \$25 R / \$30 NR

Thursdays	6:30 – 7:30 p.m.
9/12 – 10/3	3101.301
10/24 – 11/14	3102.301
12/5 – 12/26	3103.301

Advanced Women on Weights

18 years and older

This class provides great instruction in a small group setting to help participants reach their fitness goals. Work with a personal trainer in a variety of exercise formats to help you achieve maximum results!

Cost \$25 R / \$30 NR

Saturdays	9:30 – 10:30 a.m.
9/14 – 10/5	3161.301
10/19 – 11/9	3162.301
12/7 – 12/28	3163.301

Pre-Natal Yoga

18 years and older

Come and practice a heart – centered yoga and connect with moms-to-be in various stages of pregnancy. This unique class is designed with stretching, breathing and relaxation techniques to relieve common discomforts of pregnancy.

Cost \$40 R/\$44 NR

Wednesdays	6:30 - 7:30 p.m.
9/11 – 10/2	3371.301
10/16 – 11/6	3372.301
11/13 – 12/11	3373.301

View the current schedule for both recreation centers online at c3gov.com/fitness

(under the Drop-In Classes & Programs) or pick-up a hard copy at the front desk.



Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.



FITNESS/WELLNESS

Bison Ridge and Eagle Pointe



Wellness Education Seminars

Fitness Professionals will discuss various topics on health and wellness: Ages 16 and up.



Food and Mood

Explore ways to create or maintain a healthy diet. Look at your current eating practices, and identify areas for improvement. You will have the opportunity to evaluate your current diet, consider healthy eating habits, and choose new ways of approaching food choices. We'll also discuss ways to anticipate and avoid high-risk situations that may entice one to overeat or eat very high calorie foods.

Tue 9/24	11:00 a.m. - 12:00 p.m.	\$10R/\$12NR
3951.301		
Thu 9/26	6:30 p.m. - 7:30 p.m.	\$10R/\$12NR
3951.302		

Move and Mood

Explore the positive relationship between increased physical activity and mood. Look at your current physical activity levels and identify small changes you can make to be more physically active. Learn healthy tips for increasing physical activity levels, and work through roadblocks that may have contributed to previous failed attempts at this goal.

Wed 11/6	11:00 a.m. - 12:00 p.m.	\$10R/\$12NR
3951.303		
Wed 11/20	6:30 p.m. - 7:30 p.m.	\$10R/\$12NR
3951.304		

Men's Power Strength Camp


This camp is a challenging, intense hour geared just for men. With hurdles, plyometric, ladders and medicine balls, look to improve your strength, power, endurance, speed and agility.


Sat 8:15 - 9:15 a.m.	\$25R/ \$30NR
9/14 - 10/5	3181.301

Build Boot Camp

Our progressive boot camps include exercise testing at the beginning and end of the course to assess growth. Work on strength building and cardio endurance using a wide variety of equipment, creative formats and

teamwork. A hands on knowledgeable instructor will hold you accountable for your workout to help you see the results you've been hoping (and working) for! Open to all fitness levels! Call 303-286-6835 for more information.

 Tuesdays and Thursdays	5:45 - 6:45 p.m.	
First Session: 9/10-10/31	\$100 R/ \$105 NR	3451.301
Second Session: 11/12-12/12	\$60 R/ \$65 NR	3452.301

 Wednesdays	7:00 - 8:00 p.m.	
First Session: 9/4-9/25	\$25 R/ \$30 NR	3401.301
Second Session: 10/31-11/20	\$25 R/ \$30 NR	3402.301

BUILD BOOTCAMP



Strength Building, Cardio Endurance, & Results!




Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.




ACTIVE ADULTS FITNESS & WELLNESS

Active Adults on Weights

Strength training improves bone health, posture, balance, and ability to do everyday activity. Learn practical tips for a healthy diet that supports your strength and fitness. We use a variety of progressive strength training methods including exercise machines, resistance tubing, free weights, and body weight exercises. Taught by a certified personal trainer.

 Cost \$25R / \$30 NR
Thursdays 10:45 – 11:45 a.m.
9/5 – 9/26 3171.301
10/3-10/24 3172.301
11/7 – 11/28 3173.301
no class on 12/5

 Cost \$25 / \$30 NR
Tuesdays 10:45 – 11:45 a.m.
9/17-10/8 3121.301
10/1 – 10/29 3122.301
11/5 – 12/3 3123.301

Tai-Chi

This class helps beginners learn the 24 Yang style forms. Stimulate the body and mind as you flow into forms with breath, balance and focus.

Cost \$25 R /\$30 NR
Tuesdays 2:30 - 3:30 p.m.
10/2 - 10/30 3301.301
11/12-12/3 3302.301

Advanced Tai-Chi

This program is indeed for Adults who have completed Tai-Chi and are looking for a continuation of the class.

Cost \$25R/\$30NR
Monday 2:00 - 3:00 p.m.
10/2 - 10/23 3361.301
11/11 - 12/2 3362.301

YOUTH FITNESS & WELLNESS

Youth Strength and Conditioning


11 to 16 years

Strength and conditioning training can improve self-esteem, help your child maintain a healthy weight, boost metabolism, and strengthen bones. Resistance training also helps protect joints and muscles from injury and increase endurance. In this class, youth will perform light and controlled movements using body weight, free weights, machines, and resistance tubing. This is a great class for beginners or those preparing for Fall sports season, but all levels are welcome.

Cost: \$62 R/\$68 NR
Tuesdays, Thursdays 4:45 – 5:30 p.m.
9/3 – 10/3 3261.301
10/15 – 11/14 3262.301

For more information about any of these fitness services or to schedule an appointment with fitness professional, call 303-289-3762

We want your feedback on classes and programs. Share your ideas at c3gov.com/prgsurvey.

 Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.



FITNESS SERVICES

Bison Ridge and Eagle Pointe Recreation Centers



TRAINING SERVICES

For more information about any of these fitness services or to schedule an appointment with fitness professional, call 303-289-3762

Fitness Equipment Orientation

13 years and older

Orientations include a demonstration of the proper use of equipment, weight room etiquette and proper equipment safety. Call: 303-289-3762 or 303-286-6835 to schedule

Fitness Assessments

Measurements include BMI, blood pressure, body fat, strength, endurance, and flexibility. Consultation and analysis of results are included. To schedule an appointment, call 303-289-3762

Cost: \$25/\$30

Personal Training

Incorporate fitness assessments, goal setting and health education into challenging workouts specially designed for your specific needs and goals with a nationally certified personal trainer. No matter your goals, your personal trainer will help you achieve them. Your personal trainer instructs you on proper technique provides exercise options and motivates you to achieve your fitness goals.



Sessions are available in:

3, 5, 10 one-hour sessions. Cost: \$25/\$30

Please visit the front desk or call 303-289-3762 for pricing information

Fall Personal Training Special

Buy three, one-hour private or semi - private personal training, yoga or TRX sessions and get one free!

Dates: 9/16-9/27

TRX Suspension Training

TRX Suspension Training will allow you to perform hundreds of exercises that build strength, endurance, and balance, coordination, flexibility, and power and core stability, all at the intensity you choose. Sessions will focus primarily on strength and toning. To schedule, call 303-289-3762

3 30 minute sessions Cost: \$100 R/\$110 NR

Massage Therapy at Bison Ridge Recreation Center

Recover from injury, train better and improve your health and wellbeing with massage therapy

Benefits of Massage

- Reduce Pain
- Promote Recovery
- Improve posture and flexibility
- Relieves stress
- Improves health and wellbeing

60-minute massage \$55

90-minute massage \$75

Call 303-286-6835 or stop by the front desk for more information.

A staff member will follow up within three business days and provide you with the massage intake form. Form must be completed before session is allowed. Check-in at the front desk 15-minutes prior to your appointment. 24 hour cancellation policy will be enforced.



Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.



TUMBLE INTO FALL

Beginning level classes focus on movement



All gymnastics classes are now located at the Bison Ridge Recreation Center, 13905 E. 112th Ave.

Registration for parent-taught and pre-gymnastics starts August 5.

Parent-Taught

Explore the exciting world of gymnastics. You and your child learn the basics, how to tumble and move with fun activities using wedge mats, dancing, an obstacle course and more. Ages 2-4 and parent

Mon	9/9-10/21	9:30-10:15 a.m.
2101.305	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Mon	9/9-10/21	11:30-12:15 p.m.
2101.306	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Tue	9/10-10/22	9:30-10:15 a.m.
2101.301	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Fri	9/13-10/25	9:30-10:15 a.m.
2101.302	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Fri	9/13-10/25	10:30-11:15 a.m.
2101.303	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Sat	9/14-10/26	9-9:45 a.m.
2101.304	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Mon	11/11-12/16	9:30-10:15 a.m.
2102.305	by 11/5 on 11/6	\$25/\$35 \$35/\$45
Mon	11/11-12/16	11:30-12:15 p.m.
2102.306	by 11/5 on 11/6	\$25/\$35 \$35/\$45
Tue	11/12-12/17	9:30-10:15 a.m.
2102.301	by 11/5 on 11/6	\$25/\$35 \$35/\$45
Fri	11/15-12/20	9:30-10:15 a.m.
2102.302	by 11/5 on 11/6	\$25/\$35 \$35/\$45
Fri	11/15-12/20	10:30-11:15 a.m.
2102.303	by 11/5 on 11/6	\$25/\$35 \$35/\$45
Sat	11/16-12/21	9-9:45 a.m.
2102.304	by 11/5 on 11/6	\$25/\$35 \$35/\$45

Pre-Gymnastics

Instructors introduce children to basic gymnastics using all types of equipment in this coed class. Boys and girls will explore

how their bodies move using songs, balls and parachutes. This class helps children improve coordination, motor skills, self-confidence and listening skills. Ages 4-5

Mon	9/9-10/21	10:30-11:15 a.m.
2201.306	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Mon	9/9-10/21	12:30-1:15 p.m.
2201.307	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Tue	9/10-10/22	10:30-11:15 a.m.
2201.301	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Tue	9/10-10/22	11:30-12:15 a.m.
2201.302	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Fri	9/13-10/25	11:30-12:15 a.m.
2201.303	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Sat	9/14-10/26	10-10:45 a.m.
2201.304	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Sat	9/14-10/26	11-11:45 a.m.
2201.305	by 9/3 on 9/4	\$27/\$37 \$37/\$47
Mon	11/11-12/16	10:30-11:15 a.m.
2202.306	by 11/5 on 11/6	\$25/\$35 \$35/\$45
Mon	11/11-12/16	12:30-1:15 p.m.
2202.307	by 11/5 on 11/6	\$25/\$35 \$35/\$45
Tue	11/12-12/17	10:30-11:15 a.m.
2202.301	by 11/5 on 11/6	\$25/\$35 \$35/\$45
Tue	11/12-12/17	11:30-12:15 a.m.
2202.302	by 11/5 on 11/6	\$25/\$35 \$35/\$45
Fri	11/15-12/20	11:30-12:15 a.m.
2202.303	by 11/5 on 11/6	\$25/\$35 \$35/\$45
Sat	11/16-12/21	10-10:45 a.m.
2202.304	by 11/5 on 11/6	\$25/\$35 \$35/\$45
Sat	11/16-12/21	11-11:45 a.m.
2202.305	by 11/5 on 11/6	\$25/\$35 \$35/\$45

Early registration for beginning, advanced beginning and intermediate class levels starts **August 19 for residents and August 21 for non-residents** for session 1, ending on September 3. Starting September 4, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. **Session 2 early registration opens October 28 for residents and October 30 for non-residents**, ending on November 5. Starting on November 6, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Please register early to secure your spot and enjoy the discounted class rates.

Beginning Gymnastics

This class helps youth develop sound mechanical skills, coordination and strength. Gymnasts receive basic instruction in tumbling and all gymnastic apparatus. Ages 6-17

Mon	9/9-10/21	4:30-5:30 p.m.
2301.301	by 9/3 on 9/4	\$30/\$40 \$40/\$50
Mon	9/9-10/21	5:30-6:30 p.m.
2301.302	by 9/3 on 9/4	\$30/\$40 \$40/\$50
Mon	9/9-10/21	7:30-8:30 p.m.
2301.307	by 9/3 on 9/4	\$30/\$40 \$40/\$50
Mon	9/9-10/21	7:30-8:30 p.m.
2301.308	by 9/3 on 9/4	\$30/\$40 \$40/\$50
Wed	9/11-10/23	1-2 p.m.
2301.310	by 9/3 on 9/4	\$30/\$40 \$40/\$50
Wed	9/11-10/23	4:30-5:30 p.m.
2301.303	by 9/3 on 9/4	\$30/\$40 \$40/\$50
Wed	9/11-10/23	6:30-7:30 p.m.
2301.304	by 9/3 on 9/4	\$30/\$40 \$40/\$50
Wed	9/11-10/23	7:30-8:30 p.m.
2301.305	by 9/3 on 9/4	\$30/\$40 \$40/\$50



GO BEYOND BASICS



Wed	9/11-10/23	7:30-8:30 p.m.
2301.309	by 9/3	\$30/\$40
	on 9/4	\$40/\$50
Sat	9/14-10/26	Noon-1 p.m.
2301.306	by 9/3	\$30/\$40
	on 9/4	\$40/\$50
Mon	11/11-12/16	4:30-5:30 p.m.
2302.301	by 11/5	\$28/\$38
	on 9/4	\$38/\$48
Mon	11/11-12/16	5:30-6:30 p.m.
2302.302	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Mon	11/11-12/16	7:30-8:30 p.m.
2302.307	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Mon	11/11-12/16	7:30-8:30 p.m.
2302.308	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Wed	11/13-12/18	1-2 p.m.
2302.310	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Wed	11/13-12/18	4:30-5:30 p.m.
2302.303	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Wed	11/13-12/18	6:30-7:30 p.m.
2302.304	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Wed	11/13-12/18	7:30-8:30 p.m.
2302.305	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Wed	11/13-12/18	7:30-8:30 p.m.
2302.309	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Sat	11/16-12/21	Noon-1 p.m.
2302.306	by 11/5	\$28/\$38
	on 11/6	\$38/\$48

Advanced Beginning Gymnastics

Builds on skills mastered in introductory-level instruction and progresses to more difficult tricks. This class emphasizes form, body position and skill connection. Participants must have instructor approval to register. Ages 6-17

Mon	9/9-10/21	4:30-5:30 p.m.
2311.301	by 9/3	\$30/\$40
	on 9/4	\$40/\$50
Mon	9/9-10/21	6:30-7:30 p.m.
2311.302	by 9/3	\$30/\$40
	on 9/4	\$40/\$50

Wed	9/11-10/23	5:30-6:30 p.m.
2311.303	by 9/3	\$30/\$40
	on 9/4	\$40/\$50
Fri	9/13-10/25	4:30-5:30 p.m.
2311.305	by 9/3	\$30/\$40
	on 9/4	\$40/\$50
Sat	9/14-10/26	Noon-1 p.m.
2311.304	by 9/3	\$30/\$40
	on 9/4	\$40/\$50
Mon	11/11-12/16	4:30-5:30 p.m.
2312.301	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Mon	11/11-12/16	6:30-7:30 p.m.
2312.302	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Wed	11/13-12/18	5:30-6:30 p.m.
2312.303	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Fri	11/15-12/20	4:30-5:30 p.m.
2312.305	by 11/5	\$28/\$38
	on 11/6	\$38/\$48
Sat	11/16-12/21	Noon-1 p.m.
2312.304	by 11/5	\$28/\$38
	on 11/6	\$38/\$48

Intermediate Gymnastics

This class level offers new challenges with more advanced teaching on high beams and porta-pit drills. Gymnasts will continue to build self-confidence in a safe and fun environment. Participants must be able to demonstrate mastery of beginning-level skills and have instructor's approval to move up to the intermediate level. Ages 6-17

Mon	9/9-10/21	6-7:30 p.m.
2321.301	by 9/3	\$33/\$43
	on 9/4	\$43/\$53
Wed	9/11-10/23	6-7:30 p.m.
2321.302	by 9/3	\$33/\$43
	on 9/4	\$43/\$53
Sat	9/14-10/26	2:30-4 p.m.
2321.303	by 9/3	\$33/\$43
	on 9/4	\$43/\$53
Mon	11/11-12/16	6-7:30 p.m.
2322.301	by 11/5	\$31/\$41
	on 11/6	\$41/\$51
Wed	11/13-12/18	6-7:30 p.m.
2322.302	by 11/5	\$31/\$41
	on 11/6	\$41/\$51

Sat	11/16-12/21	2:30-4 p.m.
2322.303	by 11/5	\$31/\$41
	on 11/6	\$41/\$51

CARA teams offer chance to compete in gymnastics

Registration for all CARA team level programs start August 5. There is an additional \$10 charge to register for classes within one week of the start date. To enjoy the fees listed below, register early.

CARA Girls Gymnastics Team Level 2

This pre-competitive program is designed to prepare gymnasts for competition. Participants will learn how to perform back walkovers, cartwheels on beam and proper technique for a handspring vault. After mastering skills, participants will memorize combinations to form routines. Must have instructor approval to register. Ages 6-17

Tue	9/10-9/24	5:30-7:30 p.m.
2441.301	by 9/4	\$27/\$37
3 wks	on 9/5	\$37/\$47
Thu	9/12-9/26	5:30-7:30 p.m.
2441.302	by 9/4	\$27/\$37
3 wks	on 9/5	\$37/\$47
Tue	10/1-10/29	5:30-7:30 p.m.
2442.301	by 9/25	\$43/\$53
5 wks	on 9/26	\$53/\$63
Thu	10/3-10/24	5:30-7:30 p.m.
2442.302	by 9/25	\$35/\$45
4 wks	on 9/26	\$45/\$55
Tue	11/5-11/26	5:30-7:30 p.m.
2443.301	by 10/30	\$35/\$45
4 wks	on 10/31	\$45/\$55
*Thu	11/7-11/28	5:30-7:30 p.m.
2443.302	by 10/30	\$27/\$37
3 wks	on 10/31	\$37/\$47
Tue	12/3-12/17	5:30-7:30 p.m.
2444.301	by 11/27	\$27/\$37
3 wks	on 11/28	\$37/\$47
Thu	12/5-12/19	5:30-7:30 p.m.
2444.302	by 11/27	\$27/\$37
3 wks	on 11/28	\$37/\$47

*No class 11/21.



CARA Girls Gymnastics Team Compulsory Level 3 and 4

Participants demonstrate skill mastery and combination memorization through competition in team gymnastics. Those choosing to participate will prepare for summer competitions with teams from throughout the state. This team emphasizes fun, sportsmanship, fitness and goal setting. Ages 6-17

Tue/Thu	9/10-9/26	5:30-7:30 p.m.
2401.301	by 9/4	\$67/\$77
	on 9/5	\$77/\$87
Tue/Thu	10/1-10/29	5:30-7:30 p.m.
2402.301	by 9/25	\$84/\$94
	on 9/26	\$94/\$104
*Tue/Thu	11/5-11/28	5:30-7:30 p.m.
2403.301	by 10/30	\$77/\$87
	on 10/31	\$87/\$97
Tue/Thu	12/3-12/19	5:30-7:30 p.m.
2404.301	by 11/27	\$67/\$77
	on 11/28	\$77/\$87

*No class 11/21.

CARA Girls Gymnastics Team Optional Levels

Participants demonstrate skill mastery and combination memorization through competition in team gymnastics. Those choosing to participate will prepare for summer competitions with teams from throughout the state. This team emphasizes fun, sportsmanship, fitness and goal setting. Ages 6-17

Tue/Thu	9/10-9/26	7:15-9:15 p.m.
2411.301	by 9/4	\$67/\$77
	on 9/5	\$77/\$87
Tue/Thu	10/1-10/29	7:15-9:15 p.m.
2412.301	by 9/25	\$84/\$94
	on 9/26	\$94/\$104
*Tue/Thu	11/5-11/28	7:15-9:15 p.m.
2413.301	by 10/30	\$77/\$87
	on 10/31	\$87/\$97
Tue/Thu	12/3-12/19	7:15-9:15 p.m.
2414.301	by 11/27	\$67/\$77
	on 11/28	\$77/\$87

*No class 11/21.

CARA Team Drop In

This is an open gym time for CARA gymnastics team members to come and get some extra work.

Level 3 and 4

Friday's 5:30-7:30 p.m.
\$7 drop in fee each time you attend.
Receipt must be presented to gymnastics supervising staff.

Optionals

Friday's 7:15-9:15 p.m.
\$7 drop in fee each time you attend.
Receipt must be presented to gymnastics supervising staff.

Boys Beginning

This class helps boys develop sound mechanical skills, coordination and strength. Boys receive basic instruction in tumbling and all male gymnastic apparatus. Ages 6-17

Sat	9/14-10/26	2:30-4:00 p.m.
2351.301	by 9/3	\$33/\$43
	on 9/4	\$43/\$53
Sat	11/16-12/21	2:30-4:00 p.m.
2352.301	by 11/5	\$31/\$41
	on 11/6	\$41/\$51

Pre-School Drop In

This is an open gym time where parents and tots can explore gymnastics together. Each participant must have a parent with them at all times. Parents are responsible for the supervision and teaching of their child. Gymnastics staff will set up age appropriate stations for children to explore.

Friday's 12:30-2:00 p.m.
\$7 drop in fee each time you attend.
Receipt must be presented to gymnastics supervising staff

What to wear and lesson information

Clothing

Girls should wear leotards and spandex shorts; boys and all children ages 2-4 should wear sweat pants and t-shirt. Participants should tie long hair in a ponytail. No jewelry.

Private lessons

Excel in the sport of gymnastics with one-on-one instruction from a top coach. Class days and times are arranged between the student and the instructor. Participants of all ages and ability levels are welcome. To register for private lessons, call 303-289-3789.

Competitive Team Level Coach

30-minute private lesson (1 person) \$26/\$36

One-hour private lesson (1 person) \$40/\$50

One-hour semi-private lesson (up to 3 people) \$30/\$40 per person

Class Level Coach

30-minute private lesson (1 person) \$20/\$30

One-hour private lesson (1 person) \$34/\$44

One-hour semi-private lesson (up to 3 people) \$24/\$34 per person



Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.



MASTER THE MARTIAL ARTS

Reduce stress, increase productivity, and build self-confidence.



Taekwondo: Ages 8 and older or with instructor approval

Develop self-discipline, endurance, coordination and self-confidence through the practice of taekwondo, zendokon and kick boxing. Students are able to participate in local tournaments.

Session 1: 6 weeks

Tue	9/10 – 10/15	6:30 – 8:30 p.m.
	By 9/5	\$32/\$37
	On 9/6	\$42/\$47
Tue/Thu	9/10 – 10/17	6:30 – 8:30 p.m.
	By 9/5	\$60/\$65
	On 9/6	\$70/\$75
Thu:	9/12 – 10/17	6:30 – 8:30 p.m.
	By 9/5	\$32/\$37
	On 9/6	\$42/\$47

Session 2: 6 weeks

Tues	11/5 – 12/17*	6:30 – 8:30 p.m.
	By 11/1	\$32/\$37
	On 11/2	\$42/\$47
<i>*No class November 26th</i>		
Tues/Thu	11/5 – 12/19*	6:30 – 8:30 p.m.
	By 11/1	\$60/\$65
	On 11/2	\$70/\$75
<i>*No class Nov 26/28</i>		
Thu	11/7 – 12/19*	6:30 – 8:30 p.m.
	By 11/3	\$32/\$37
	On 11/4	\$42/\$47
<i>*No class Nov 28th</i>		

For questions about martial arts programs, call 303-289-3762.



Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.



FALL YOUTH SPORTS LEAGUES

Elevate your game!



Youth Volleyball

This exciting and challenging program develops the basic fundamentals of volleyball, along with promoting teamwork and sportsmanship. Participants meet twice a week for practice (days and times determined by coach) and game days are on Saturdays at various locations throughout the Denver metro area.

Grades: 2-8 5011.301

Registration Deadline: 8/26

Start Date: Week of 9/2

Early Bird 8/19 \$50/\$60

After 8/19 \$55/\$65

**WEATHER HOTLINE:
PLEASE CALL AFTER 5 P.M.
303-289-3757 OR VISIT
TEAMSIDELINE.COM/COMMERCECITY**

Registration Information

The parks and recreation department forms teams based on school boundaries; parents please be sure to register your child for the public elementary school he or she attends or that is in your home boundaries. Proof of address or enrolment verification may be required before start of season. We will do our best to form teams for each school and to have practices take place at these locations. If teams are unable to be formed at your particular school, we will combine schools/teams that are in close proximity.

Registrations requests after the deadline will be put on a waitlist. After the registration deadline, waitlisted players may be added to a team if a player drops out before mid-season. Registrations and waitlisted players are on a first-come, first-serve basis.

During the season, teams use local schools' fields or gyms for practice. When there are conflicting uses, recreation staff will work to arrange an alternate location; however, practices may be canceled in rare cases.

City staff makes every effort to find coaches for each team. If unable to find a coach, a staff member will run the first practice with assistance from the players' parents. If a coach is not found prior to the first scheduled game, the team may be cancelled. This is always the last resort, so parents please help us find that perfect coach. If you know someone who is interested in coaching, please pass along contact information to Nic Jones at 303-289-3705.

Our Youth Sports Philosophy

Parents, keep in mind that all of the city's youth athletic programs are guided by the recreational philosophy. It is our objective to give children an opportunity to participate in youth sports and ensure a positive experience and an equal

amount of playing time. Volunteer coaches teach children the basic skills and fundamentals of the sport in which they are participating in; however, a strong emphasis is made toward developing teamwork, sportsmanship, and most importantly having fun. We encourage coaches to communicate to the youngsters that success does not always involve winning a game and defeat does not necessarily equate with failure; a focus on dedication and hard-work from the child is often most important.

NOTE: We ask that children who participate in a competitive league for a particular sport refrain from participating in our recreational based program in that same sport. It is our goal to keep the level of play equal and fun for the recreational participant.

Make a difference and coach youth sports

The Commerce City Parks, Recreation and Golf department relies on volunteers to coach youth sports. All it takes to be a successful coach in the program is a willingness and desire to help children. You can ensure each child has a great experience in organized sports by learning the skills necessary for successful coaching through the National Youth Sports Coaches Association (NYSCA).



All coaches for Commerce City youth athletic programs complete NYSCA classes at the recreation center. These classes are provided free of charge for all volunteers. NYSCA teaches coaches how to ensure that each child participating in a sports program has fun, shows progress in the sport, and ultimately, wants to come out and play again.

If you are ready to be a youth sports coach or would like additional information please contact the Youth Sports Coordinator Nic Jones at 303-289-3705.

\$ Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.



REGISTER FOR FLAG FOOTBALL

Don't miss a snap



Division I (Coed) – Kindergarten and Grade 1

Discover the thrill of playing sports in this introduction to flag football. Develop skills and ability on the field through instruction and league play. Participants learn the fundamentals of running, catching, passing and defending in a fun game setting. Practices are once a week (to be determined by coach) and one game a week.

Grades: K-1 5101.301

Registration Deadline: 8/26

Start Date: Week of 9/2

Early Bird 8/19 \$45/\$55

After 8/19 \$50/\$60

Division II (Coed) – Grades 2-3

Increase skills and ability on the field through instruction and league play. Participants learn the fundamentals of running, catching, passing and defending in a fun game setting. Practices are twice a week (to be determined by coach) and one game a week.

Grades: 2-3 5201.301

Registration Deadline: 8/26

Start Date: Week of 9/2

Early Bird 8/19 \$50/\$60

After 8/19 \$55/\$65



COMMERCE CITY YOUTH SPORTS

*DEVELOP TEAMWORK
LEARN SPORTSMANSHIP
BUILD FRIENDSHIPS
GET ACTIVE!*

Commerce City's Youth Sports Philosophy

Parents, keep in mind that all of the city's youth athletic programs are guided by the recreational philosophy. It is our objective to give children an opportunity to participate in youth sports and ensure a positive experience and an equal amount of playing time. Volunteer coaches teach children the basic skills and fundamentals of the sport in which they are participating in; however, a strong emphasis is made toward developing teamwork, sportsmanship, and most importantly having fun. We encourage coaches to communicate to the youngsters that success does not always involve winning a game and defeat does not necessarily equate with failure; a focus on dedication and hard-work from the child is often most important.

NOTE: We ask that children who participate in a competitive league for a particular sport refrain from participating in our recreational based program in that same sport. It is our goal to keep the level of play equal and fun for the recreational participant.

Officials, we need you!

Are you a referee? Do you want to become a referee? Commerce City is now looking for referees for the fall flag football season. Games are Wednesday and Thursday evenings beginning in September. A free clinic will be held prior to the season; this course is for the beginner, as well as the experienced umpire. It covers rules, mechanics, techniques, policies and procedures. Lecture and field techniques will also be included in the training. We are also beginning to look for basketball referees and baseball umpires. Please call Nic Jones for more information at 303-289-3705.





LOCAL ORGANIZATIONS



Commerce City provides information on other sports programs in support of its mission of building a “Quality Community for a Lifetime.” These programs are not affiliated with Commerce City Parks and Recreation.

Commerce City Youth Athletics (CCYA)

This local nonprofit organization augments the city’s services, providing sports experiences to all interested youth with low-cost registration fees for tackle football, basketball, girls’ softball and cheerleading. CCYA’s mission is to teach children the importance of commitment, discipline and teamwork. Programs are designed to promote physical and mental health, as well as create pride in the community. For more information, visit www.leaguelineup.com/ccyaraiders or contact the specific sport director below. All equipment is provided by CCYA for use during season (must be returned at end of program).

Raiders Tackle Football (fall)

Ages 6-14
Registration: July
Season: Aug.-Nov.
Director: Chuck Ingram, 303-286-7669

Lady Raiders - Cheerleading Squad (fall)

Ages 5-14
Registration: July
Season: Aug.-Nov.
Director: Kathy Eggleston, 303-419-2584

Girls Softball (spring)

Ages 6-18
Registration: Feb.-Mar.
Season: Apr.-June
Director: Roger Comer, 303-210-5676
or email rogercomer33@gmail.com

Adams City Wrestling Club

The ACWC provides opportunities for all youth to develop their wrestling skills to the highest level possible. Practices are held Monday through Thursday in the evening at Adams City High School and matches take place on weekends throughout the greater metro-Denver area. ACWC participates in the Western Suburban League.

Ages 4-14
Registration: Ongoing
Season: Nov.-Mar.
Director: Juan Ortiz at 303-525-0457 or email AdamsCityWrestlingClub@aol.com

Rocky Mountain ThunderHawks Football Association (fall)

Youth in grades 1-8 can play youth competitive tackle football. All coaches are USA Football Heads Up Certified. Teams practice three times per week in the Commerce City area. Games are played throughout the greater Denver metro area. Conditioning and fundamental camps are provided throughout the summer for all youth; even those in other leagues.

Director: Brian Carfield at 720-427-1515 or email www.thunderhawksfootball.com

Brighton Youth Baseball Association (BYBA) Competitive Baseball (spring & fall)

Four different levels of competitive baseball including Major, AAA, AA, and A. Games are played in Brighton, Commerce City, and the greater metro-Denver area.

Tournament Teams: BYBA offers tournament-only team options for the highest level of competitive play in the metro area. Tryouts take place in July and August.

Ages 7-14

For more information visit: www.brightonyouthbaseball.com or Contact Gordon Lancaster at 720-273-7933.

Bison Lacrosse Club (spring/summer/fall)

We offer youth lacrosse for all levels of experience in 1st-12th grades. 1st-8th graders participate in the CYLA (Colorado Youth Lacrosse Association). Teams practice twice per week and games are played on the weekends throughout the Denver metro area.

9th-12th grades compete in a high school-specific league. Teams practice twice per week and games are played in the DTC area. All coaches follow Positive Coaching Alliance principles. For more information on our program offerings please visit www.bisonlaxclub.com. Contact us by e-mail at info@bisonlaxclub.com or by phone at 720-445-6190. E-mail for scholarship and loaner gear availability.

Spring

Grades 1-8
Registration: January
Season: March-June

Summer

Grades 9-12
Registration: April
Season: June-July

Fall

Grades 1-12
Registration: June-July
Season: September-October”



Look for youth basketball sign-ups starting in December.



PLAY BALL WITH FALL SPORTS LEAGUES



ADULT SPORTS LEAGUES

Get your team together and send a representative to the appropriate organizational league meeting. New teams must pay league fees prior to the league meeting at the Commerce City Recreation Center. Call 303-289-3706 for more information. Ages 16 and older.

Individual Players List

Interested in playing a sport but don't have a team? Sign up on the individual player list; each registered team needing players is given a list of extra players to add to its roster. Call 303-289-3706 to be added to the individual signup. There is no guarantee you will be placed on a team.

Fall softball leagues, men's/coed

Games are played at Pioneer Park. Call 303-289-3706 to see if there are last minute openings.

Tuesday Night Men's E-Rec League starts on 8/6
Wednesday Night COED E-Rec League starts on 8/7
Thursday Night Men's Industrial league starts on 8/8
10-game season. \$530/\$550

Private Racquetball Lessons

Get one-on-one instruction in racquetball to improve technique and power. Call 303-289-3706 to schedule a private lesson with an instructor.

1 Lesson \$30/\$33
3 Lessons \$75/\$79

Batting cages

Fine-tune your swing. Ideal for team and individual practice, tournaments, birthday parties, etc. For more information, call the batting cages office at 303-287-4905 or call 303-289-3706 during the hours listed below.

Pioneer Park, 5902 Holly St. (E. 60th Ave. and Holly)
• Seven cages, each with dual machines and lights
• Slow-pitch softball and various speeds for baseball

Fee: \$1.50 for 15 pitches
• \$20 – punch card good for 15 tokens
• \$25 per half-hour (one stall)
• \$40 per hour (one stall)

Summer hours, 5/25-8/4
Mon-Fri, 3-8:30 p.m. • Sat-Sun, Noon-8 p.m.

Fall hours, 8/5-10/6
Mon-Fri, 4-8 p.m. • Sat-Sun, Noon-5 p.m.

Batting cages are open weather permitting; temperature must be 45 degrees or higher and ground must be dry.

Safety equipment

Helmets are mandatory for fast-pitch softball and baseball. Bats and helmets are available at the control

Athletic facility rentals

An athletic facility may be rented by individuals or by a group hosting a tournament, game or practice. To reserve a facility, call 303-289-3706.

Fairfax Park, 6850 Fairfax St.

Three multipurpose baseball/softball fields (Game or practice fields).

Fronterra Park, 10020 Joplin St.

Three multipurpose football/soccer fields (Practice fields).

Monaco Park, 5790 Monaco St.

Two outdoor and volleyball sand courts with lights.

Municipal Services Center, 8602 Rosemary St.

Two multi-purpose football/soccer fields (Game fields).

Pioneer Park, 5902 Holly St.

Four multipurpose baseball/softball fields with lights (Game fields, w limited practices) (batting cages on site).

River Run Park, 11515 Oswego St.

Two multipurpose football/soccer fields (Practice fields).

Turnberry Park, 10725 Wheeling St.

Three multipurpose football/soccer fields (Practice fields).

Villages East Park, 11698 Chambers Rd.

One multipurpose baseball/softball field (Practice field).
Closed for the Season

Tennis Courts

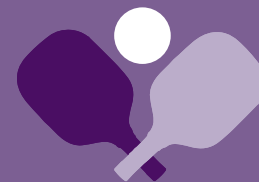
Two tennis courts are available for public use after school hours and on weekends.

Please note that school programs have the first priority use of the courts.

- Adams City High School, 7200 Quebec Pkwy.
- Prairie View High School, 12909 E. 120th Ave, Henderson, CO 80640

Drop-In pickleball at Bison Ridge

Tuesdays 8:30 a.m. - Noon
Thursdays 8:30 a.m. - Noon
Sundays 8:30 a.m. - Noon



Leagues starting in January at Bison Ridge

Men's Adult Basketball League – Wednesday nights
Coed Volleyball League – Monday nights
Call 303-289-3706 for more information



Family Paint Party: Ages 6 and up with adult

Discover your artistic side together with an evening of painting and fun hosted by Gallery on the Go! Canvases, paintbrushes, paints, and instruction are all provided. Create a masterpiece with your loved one that you'll be able to take home and cherish.

Tue 8/13 5:30-8pm 7051.201
\$12/\$17 per person Bison Ridge

Family Fun In The Park: Ages 5 and up with adult

Meet us in one of our City's beautiful parks for some fun outdoor games and a tasty treat! Please register ahead of time. We cannot accept registration at the event.

Sat 8/10 4:00-6:00pm 7001.202
\$5/\$8 per person Monaco Park

Sat 8/24 4:00-6:00pm 7051.202
\$5/\$8 per person Fronterra Park

NEW A Night in Hollywood: Ages 4 and up with female adult

A memorable night in "Hollywood"! Dance to an assortment of music, crafts and activities for kids and their special female grown up!

Ages 4-17
Fri 9/20 6-9 p.m. 7001.301
\$10/\$12 per person prior to 9/18
\$13/\$15 starting 9/18

Family Trivia Night: Ages 5 and up with adult

Are you in need of a family fun night out? Join us for our Family Trivia Night and test your knowledge.

Sat 9/21 5:30-7:30 p.m. 7051.301
\$6/\$10 per person

Rescheduled! Fishing Derby: Ages 3-15

Please pre-register! Join Commerce City Parks and Recreation, Bass Pro Shops and the Rocky Mountain Arsenal National Wildlife Refuge as we celebrate the 12th Annual (Rescheduled) Fishing Frenzy Derby. Participants have a chance to interact with professional anglers, learn about the different aspects of fishing, compete in one of the fishing derbies, and win cool prizes. Please bring your own fishing poles and lures if you have them. Fishing Frenzy is held at the Rocky Mountain Arsenal National Wildlife Refuge, 6550 Gateway Rd.

Sat 9/28 FREE

Find us on:

 facebook.com/commerceciparksrecgolf

 instagram.com/commerceciparksrecgolf

facebook.com/commerceciparksrecgolf • instagram.com/commerceciparksrecgolf

Derby 1: 9:00-10:00 a.m. 7001.302
Derby 2: 10:30-11:30 a.m. 7001.303
Check-in starts at 8 A.M.

Cooking Matters Class: Ages 6-12 with adult

Learn as a family how to shop for and cook healthy meals on a budget. Groceries, recipes and cooking tools provided to families.

Ages 6-12 with an adult. One adult per child is required.
Wed 10/2 - 11/6 6-8 p.m. FREE
7001.304
Eagle Pointe

Family Mystery Theatre: Ages 5 and up with adult

Work together using clues to figure out this exciting mystery.

Fri 10/18 6-8 p.m. 7052.301
\$15/20 per person Bison Ridge

NEW Family Pottery: Ages 5 and up with adult

Come create your own family work of art!

Sat 11/16 12:30-2:30 p.m. 7001.305
\$10/\$13 per person Eagle Pointe

NEW Family Game Night: Ages 7 and up with adult

Break out the card, board, and minute to win it games! Come ready to prove who the best is during a night of fun games!

Fri 12/13 6:00-8:00 p.m. 7001.306
\$7/\$11 per person Eagle Pointe

Anythink Library Book Mobile: All ages

Discover something new- even when you're on-the-go! The Anythink bookmobile has a new weekly stop at Eagle Pointe. Hop on board for books, resources, activities and more. Visit anythinklibraries.org for a complete schedule and updates.

Every Thursday except holidays and poor weather.
11am-noon FREE





LEARN AND GROW WITH PROGRAMS FOR AGES 1.5-6



PRESCHOOL AGE PROGRAMS FOR 1.5-6

Discovery Kids Ages 3-5

Different themes and activities each week! All classes are interactive and hands-on fun!

Tues, Wed, Thurs		10:00 a.m. – Noon		
9/17-9/19	Back to School Days	\$30/\$40	7101.301	
9/24-9/26	All About Me	\$30/\$40	7102.301	
10/1-10/3	So Many Apples	\$30/\$40	7201.301	
10/8-10/10	Letter P	\$30/\$40	7202.301	
10/15-10/17	Farm Animals	\$30/\$40	7203.301	
10/22-10/24	Fall Harvest	\$30/\$40	7204.301	
10/29-10/31	Spooktacular Halloween	\$30/\$40	7205.301	
11/5-11/7	Letter S	\$30/\$40	7301.301	
11/12-11/14	Purple Cow	\$30/\$40	7302.301	
11/19-11/21	Thanksgiving	\$30/\$40	7303.301	
12/3-12/5	5 Senses	\$30/\$40	7401.301	
12/10-12/12	Winter Days	\$30/\$40	7402.301	
12/17-12/19	Holiday Special	\$30/\$40	7403.301	

Tues, Wed, Thurs		2:00 – 4:00 p.m.		
9/3-9/5	Preschool Days	\$30/\$40	7151.301	
9/10-9/12	Going on a Bear Hunt	\$30/\$40	7152.301	
9/17-9/19	Nursery Rhymes	\$30/\$40	7153.301	
9/24-9/26	Fall Scavenger Hunt	\$30/\$40	7154.301	
10/1-10/3	Pumpkins	\$30/\$40	7251.301	
10/8-10/10	Bats and Spiders	\$30/\$40	7252.301	
10/15-10/17	The Letter A	\$30/\$40	7253.301	
10/22-10/24	Number Craze	\$30/\$40	7254.301	
10/29-10/31	Halloween Fun	\$30/\$40	7255.301	
11/5-11/7	Letter T	\$30/\$40	7351.301	
11/12-11/14	Friends and Feelings	\$30/\$40	7352.301	
11/19-11/21	Gobble Gobble	\$30/\$40	7353.301	
12/3-12/5	Science Lab	\$30/\$40	7451.301	
12/10-12/12	Music and Movement	\$30/\$40	7452.301	
12/17-12/19	Winter Wonderland	\$30/\$40	7453.301	

JumpBunch® Sports and Fitness for Kids

Each week, introduce your child to a different sport or fitness activity in a fun, safe, and encouraging environment. We focus on building self-confidence, balance, coordination and motor skills and class is ideal for allowing your child to expend their energy in a positive and productive way!

Parent/Tot – Thursdays 9:00-9:30 a.m.
Ages 1.5-3.5 with an adult (price is per child)

7551.301	9/5-9/26	\$40/\$50
7551.302	10/3-10/31	\$50/\$60
7551.303	11/7-11/21	\$30/\$40
7551.304	12/5-12/19	\$30/\$40

Ages 3.5-6 – Thursdays 9:45-10:30 a.m.

7552.301	9/5-9/26	\$44/\$55
7552.302	10/3-10/31	\$55/\$66
7552.303	11/7-11/21	\$33/\$44
7552.304	12/5-12/19	\$33/\$44



PRESCHOOL AGE



Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.



YOUTH/TEEN PROGRAMS

Horse Trek: Ages 9-14 and 11-17

Have you ever wanted to go horseback riding? Here's your chance! Meet at the recreation center and travel offsite for a trail ride each week.

Sat 9:00 a.m.-2:00 p.m.			
8/10-8/24	7801.301	\$57/\$68	Ages: 9-14
Eagle Pointe			
9/7-9/28	7851.301	\$75/\$90	Ages: 11-17
Bison Ridge			

Wilderness Survival 101: Ages 11-17

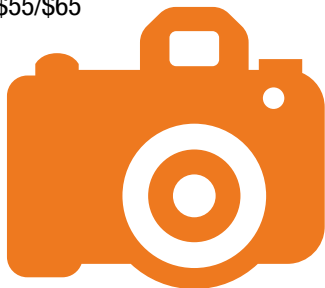
Can you survive? Learn basic wilderness survival skills with a zombie twist! Test your skills in all sorts of terrain and situations. Experience, share and learn from wilderness instructors. This is the prerequisite class for the summer 2020 backpacking trip "Ultimate Survivor".

Sat 8/17-9/28	9 a.m.-3 p.m.	7851.303
\$70/\$85		

Oh Snap! Photography: Ages 11-17

Work with different modes of photography including landscape, portrait, sports and more. Travel off site to expose your imagination in different settings. Cameras provided.

Mon and Wed 8/19, 8/21, 8/26, 8/28	
5:30-7:30 p.m.	7801.306
\$55/\$65	



Kidz Only: Ages 6-10

Make new friends, play games, and try new things by participating in arts and crafts and more activities! It's a great night to have a blast while you spend time with friends both old and new!

Fri 6-8:30 p.m.		\$10/\$12	
Bison Ridge		Eagle Pointe	
7651.301	9/6	7601.305	10/11
7652.301	10/4	7601.306	11/8
7653.301	11/1		
7654.301	12/6		

Middle School Madness: Grades 6-8

Video games, sports, music and dancing. You're not going to want to miss this!

Sat 7:15-10 p.m.	\$2
Bison Ridge	Eagle Pointe
September 7	October 12
October 5	November 9
November 2	December 14
December 7	

Boxing (EPIC): Ages 11-18

This great program is not only fun, but it helps you build self-confidence as it teaches self-discipline and how to maintain a positive attitude. Transportation to and from the gym is provided from Eagle Pointe and Bison Ridge Recreation Center. FREE for residents if participant meets attendance requirements.

Thu 4:45-8:00 p.m.	5:15-7:45pm	
Dates	Eagle Pointe drop off	Bison Ridge drop off
9/5-9/26	7901.302	7901.303
10/3-10/31	7902.302	7902.303
11/7-11/21	7903.302	7903.303
12/5-12/19	7904.302	7904.303



Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.



MAKE NEW FRIENDS



Archery Class: Ages 8-11

Learn how to shoot an arrow and do some target practice. Instruction and safety training provided. Meet at designated recreation center. Transportation provided to the archery range.

Mon 5:30-7:30 p.m.

9/9 and 9/16 7661.301 \$25
Bison Ridge

9/23 and 9/30 7601.301 \$25
Eagle Pointe

Fencing with Denver Fencing Center: Ages 6-10

Denver Fencing Center (DFC) develops agility, strength, and fine muscle control through fencing games and drills. Learn fencing basics in a fun, non-competitive environment. Instructors provide all the necessary equipment for your fencer.

Mon 9/9-9-309:00-11:00 a.m. 7661.302
\$40/\$50

NEW Youth Pottery: Ages 7-10

Create your own work of art! Come sculpt, paint, and glaze your own masterpiece.

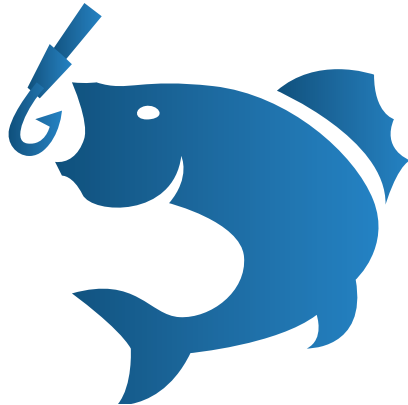
Sat 9-11 a.m.

9/14 7601.302 \$30/\$45 Eagle Pointe
9/21 7661.303 \$30/\$45 Bison Ridge

NEW Awesome Anglers: Ages 6-10

Freshen up your knowledge on all things fishing to get ready for our annual Fishing Frenzy at the end of the month. Learn how to cast, hook some bait, and much more!

Thu 9/19 & 9/26 5:00-6:30 p.m. 7601.303
\$30/\$40



NEW Nature Rangers: Ages 7-10

Come explore the great outdoors of colorful Colorado! Hiking, outdoor education, and much more! Participants come out ready to be the next generation of Nature Rangers!

Tue 10/1-10/29 5:00-7:00 p.m. 7601.304
\$40/\$50

Tech Exploration: Ages 11-17

Launch your creativity and learn endless opportunities to be creative and have fun while programming.

Thu 10/3 – 10/24 5:30-7:30 p.m. 7851.302
\$40/\$50

Space Time: Ages 6-10

Get ready to explore the Final Frontier! An all-around space exploration experience. It's got rockets, planets, aliens, rovers, astronauts, space stations, meteors and much more. Guaranteed to give kids a good taste of what space exploration is all about.

Mon 10/7-10/28 9-11:00 a.m. 7662.301
\$40/\$50

Jedi Engineering with LEGO® Materials with Play-Well TEK: Ages 6-10

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO® materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Mon 11/4-11/25 9-11:00 a.m. 7663.301
\$60/\$70

NEW Ceramics Studio: Ages 11-17

Working with Downtown Aurora Visual Arts learn techniques on sculpting and creating your own masterpieces.

Mon and Wed 11/11, 11/13, 11/18 & 11/20 5:30-7 p.m.
7801.304 \$45/\$55



Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.



NEW Cooking with a Cop: Ages 9-14

Get a little messy while gaining hands-on experiences creating healthy and delicious food with your local police officers.

Mon 11/25 11 a.m.-1 p.m. 7801.305 \$7/\$10
Eagle Pointe

Tue 11/26 11 a.m.-1 p.m. 7851.305 \$7/\$10
Bison Ridge

NEW Cool Cooking: Ages 6-10

Mix up some tasty concoctions and then sit back to enjoy your work and you sample the delicious snacks!

Mon 12/2-12/16 9-11:00 a.m. 7664.301
\$30/\$40

NEW Science Café: Ages 11-17

Spark your imagination with this fun and interactive science program. Build or create your own project based on a new topic each week.

Mon 12/2-12/16 5:30-7 p.m. 7851.306
Fee: \$60/\$70

Who's Cookin': Ages 11-17

Want to learn new recipes and how to help in the kitchen? A fun and exciting atmosphere to develop hands on skills and techniques to be creative within a safe environment.

Sat 12/7-12/21 11 a.m.-1 p.m. 7851.307
\$60/\$75



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MONDAY Fun Days

At Bison Ridge Recreation Center

Monday Fundays: Grades 6-8

Stay active on Mondays at Bison Ridge Recreation Center! Stay for one class or stay the whole day, which includes a field trip every other week.

Mondays: 8:30 a.m.-4:30 p.m.

Create a custom schedule for your child starting at \$120 (Resident)/\$160 (Nonresident) for a session.

Full day programs available for \$360/\$448 (payment plan available for full day option)

Session 1 8/19/19 – 10/14/19

Club 1- 8:30-10:15 a.m.	Club 2-10:15 a.m.-Noon
Cooking 7751.201	Photography 7752.201
Music 7751.202	Technology 7752.202
Club 3 – 12:30 – 2:15 p.m.	Club 4 – 2:15 – 4:00 p.m.
Art 7753.201	Swimming 7754.201
Wacky Science 7753.202	Sport Fitness 7754.202

Field Trips (for full day participants only) – 8/26 – Paddle Boarding, 9/16 – Rock Climbing, 9/30 – Wildlife Hike, 10/14 – Warrior Challenge Arena

*No program on 9/2

Session 2 10/21/19 – 12/16/19

Club 1 – 8:30-10:15 a.m.	Club 2 – 10:15 a.m. – Noon
Cooking 7751.305	Space Explorers 7752.305
Project STEAM 7751.306	Ceramics 7752.306
Club 3 – 12:30 – 2:15 p.m.	Club 4 – 2:15 – 4:00 p.m.
Sports Fitness 7754.306	Swimming 7755.306
Technology 7754.307	Career Development 7755.307

Field Trips (for full day participants only) – 10/28 – Horseback Riding, 11/11 – Butterfly Pavilion, 12/2 – Colorado Adventure Point, 12/16 – Denver Aquarium

*No program on 11/25

FREE DROP IN PROGRAMS

Bike Maintenance Station at Outreach: All Ages

Bring your bike for recreation staff and police officers to look over and fix it up (minor repairs)! Free bike helmet and other giveaways available. Stop by our booth at the Neighborhood Outreach at Pioneer Park!

Thur 8/8 Pioneer Park
6– 8:00 p.m. FREE

Teen Nights Around Town: Ages 11-17

Join us for a party in a park near you! Enjoy an outdoor party with music, inflatables, games, sports, and food. The best part is, it's all FREE!

FREE	Wed	
8/14	Monaco Park	5– 7:30 p.m.
8/28	Pioneer Park	5– 7:30 p.m.
9/4	Fronterra Park	5 – 7:30 p.m.
9/18	Veterans Memorial Park	5 – 7:30 p.m.

Drop-in Hub: Ages 11-17

Drop-in activities including billiards, X-ergame wall, XBOX One, Nintendo Wii U, crafts and board games.

FREE Tuesday – Friday 5:30-8:30 p.m.,
Saturday 12-5 p.m. Saturday hours are for ages 11-Adult
Begins: 9/17

Social Hub: Ages 11-17

Drop-in activities including a tech lab, Playstation, crafts and board games.

FREE Tuesday & Wednesday 5:30-8:30 pm.
Begins: 9/17

Cops vs Kids: Ages 9-17

Get to know your local police officers by taking them on in a friendly sports game!

FREE	Check in at 5:00pm
9/20	Flag Football Adams City Middle School
11/15	Dodgeball Bison Ridge Recreation Center

Creepy Hollows Fright Night: Grades 6-12

Time to get your scare on! Dance to the DJ, pose at the photo booth and if you dare, wander through the haunted maze. Don't forget to dress up for the costume contest for your chance to win some wicked prizes.

FREE Sat 10/26 Time: 7-10 p.m.



Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.



Adams County Mayors and Commissioners Youth Awards (ACMCYA)

ACMCYA is an award that recognizes teenagers between the ages of 13 and 20 who have overcome personal adversity, created positive changes in their environments, or who have contributed in their own way towards making their lives or communities a better place in which to live. The ACMCYA is a tiered program that recognizes nominees at a local and county level. If you know young people who would be good candidates for ACMCYA please call 303.289.3674 for more information. Nomination forms available mid October 2019 at c3gov.com



YOUTH AND TEEN ADVISORY COMMITTEE – BE A PART OF IT!

YAC members are youth 11-18 who want to have fun and positively impact the community.

As a YAC member,

you have the chance to work with city leaders, participate in volunteer projects, speak your mind about issues, plan and implement activities and provide leadership for your community. You also participate in team building and leadership programs, and make lots of new friends. Meetings are held twice a month at both Eagle Pointe and Bison Ridge Recreation Centers.

Would you like to be a new YAC member?

We would love to have you join us for the upcoming year. Pick up an application at Eagle Pointe Recreation Center or Bison Ridge Recreation Center, download one from our Web site at www.c3gov.com, or call us at 303-289-3674.

Commerce City



Youth & Teen
Advisory Committee



Ask about our Recreation Scholarship Program assistance when registering for classes over \$21. Some exclusions apply.



EXPLORE A PARK OR TRAIL NEAR YOU



CITY OFFERS MORE THAN 25 MILES OF OUTDOOR TRAILS

Commerce City has over 25 miles of trails, some that link to the larger regional trail systems like the Sand Creek Regional Greenway.

Share your parks and trails photo on FB & Instagram by tagging us at #commercecityrec.		AMENITIES														
		Skate Park	Sprayground	Futsal	Volleyball	Basketball	Multipurpose	Soccer Field	Football Field	Softball Field	Baseball Field	Playground	Picnic Area	BBQ Grill	Restroom	Shelter
COMMUNITY PARKS	VETERANS MEMORIAL PARK 6015 Forest Dr.											◆	◆	◆	◆	◆
	FAIRFAX PARK 6850 Fairfax Dr.			◆		◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
	MONACO PARK 5790 Monaco St.				◆	◆						◆	◆	◆	◆	◆
	PIONEER PARK 5950 Holly St.	◆	◆			◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
NEIGHBORHOOD PARKS	FREEDOM PARK 6330 Oneida St.											◆	◆	◆	◆	◆
	FRONTERRA PARK 10020 Joplin St.	◆				◆	◆					◆	◆	◆	◆	◆
	FIRST CREEK DOG PARK 10100 Havana St.														◆	
	LOS VALIENTES PARK 7300 Magnolia St.											◆	◆	◆	◆	◆
	RIVER RUN PARK 11515 Oswego St.				◆		◆			◆	◆	◆	◆	◆	◆	◆
	STAMPEDE PARK 11755 Fairplay St.						◆					◆	◆	◆	◆	◆
	TURNBERRY PARK 10725 Wheeling St.					◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
	VILLAGES EAST PARK 11698 Chambers Rd.					◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
POCKET PARKS	GIFFORD PARK 6120 Monaco St.											◆	◆			◆
	JOE REILLY PARK 6401 E. 72nd Pl.											◆				
	LEYDEN PARK 5430 Leyden St.											◆	◆			◆
	MONACO VISTA 6250 Monaco St.					◆						◆				
	OLIVE PARK 6275 Olive St.											◆	◆	◆		◆
	ROSE HILL GRANGE PARK 4051 E. 68th Ave.												◆	◆	◆	◆
	ADAMS HEIGHTS PARK 6625 Brighton Blvd.											◆	◆			
	URQUIDEZ-CENTENNIAL PARK 7735 Monaco St.											◆	◆			◆



CITY OFFERS MORE THAN 25 MILES OF OUTDOOR TRAILS



Hiking, biking, and running are all great ways to see the city

Commerce City is home to 20 parks, 25 miles of trails, more than 840 acres of open space, and a world-class golf course. With these recreation opportunities and a national wildlife refuge that's in the city's backyard, Commerce City has something for everyone.

Sand Creek Regional Greenway

The Sand Creek Regional Greenway is nearly 14 miles of public greenway (4 miles of which is in Commerce City), connecting the High Line Canal trail in Aurora with the South Platte River Greenway in Commerce City. Sand Creek is a wide, high-plains prairie stream lined with cottonwood trees, willows and patches of native prairie and a wetland park. Trailheads are located at E. 56th Avenue and Dahlia Street, and E. 52nd Avenue and Ivy Street.

Prairie Gateway Open Space and Trail

The Prairie Gateway Open Space and Trail is located just north of the civic center. This 190-acre open space includes a 2.4-mile, soft-surface perimeter trail with shelters, benches, a drinking fountain and an overlook area with beautiful views of the Rocky Mountain range.

Fernald Trail

The trailhead is located at E. 70th Avenue and Colorado Boulevard. The concrete trail connects to the South Platte River Trail.

Second Creek Greenway Trail

This soft-surface trail is part of a regional trail system that will be 17-miles when completed. It runs along Second Creek and through open space areas next to the creek. In Commerce City, it goes from E. 96th Avenue to E. 108th Avenue. The Second Creek Trail connects to the Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail and features two loops adjacent to area neighborhoods. This trail welcomes on-leash dogs, offering disposal stations as well as benches for resting. The trail also has two small shelters and a restroom.

The trail has regional significance, as it will eventually pass through Brighton, Adams County, Commerce City, Aurora, and Denver and connect to the South Platte River Greenway Trail (which is a designated segment of the Colorado Front Range Trail) and the High Line Canal Trail.

Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail

This is an 11-mile, soft-surface trail that runs north along Quebec Avenue and Highway 2, east along 96th Avenue and then south along Buckley Road. The trailhead is on the north side of the Civic Center at Prairie Parkway and Gateway Road in the Prairie Gateway Open Space.



Trail Rentals

Hosting an event? The city has 25 miles of trail that can be used for run/walk events, bike events that benefit the community or a non profit.

For trail rentals please contact Tim Moore at 303-289-3763 and allow a minimum of eight weeks for processing.

Fees must be paid two weeks prior to the rental date. Depending on your event, you may need a permit for alcohol or a special event. Visit a recreation center to review and help complete your application and necessary permits.



HOST YOUR EVENT

Choose a facility to fit your needs



Recreation Center Rentals

Reservations must be submitted two weeks prior to event date

Bison Ridge (13905 E. 112th Ave.) 303-289-3695

- Three large multipurpose community rooms with A/V system, stage, and outdoor deck
 - Each room can seat up to 100 people theater-style or 80 banquet-style
 - Removable walls allow up to 300 people seated theater-style in all 3 rooms or 250 people seated banquet-style
- Two conference rooms
- Two pool party rooms attached to the aquatic center

Eagle Pointe (6060 E. Parkway Dr.) 303-289-8191

- Two multipurpose rooms offer 1,425 square feet
- Seat up to 150 people theater-style or 100 banquet-style

Recreation Center Rates

Hourly rates are \$15 to \$45 for residents and \$25 to \$60 for non-residents, depending on space and use. A Damage Deposit of \$50 per room is required and is refundable if the facility is left clean and undamaged.

Room rental is subject to the following conditions:

- Minimum of 4 hours for all 3 community rooms at Bison Ridge
- After-hours room rentals available until midnight for an additional fee
- Political events/fundraisers are prohibited

Bison Grill at Buffalo Run Golf Course: 303-289-7700

The newly renovated Bison Grill is available for holiday parties, wedding rehearsals, receptions and custom events. Visit BuffaloRunGolfCourse.com for more information.

Picnic Shelter Rentals (available March through October)

Commerce City is home to 20 parks, half of which have shelters available to rent for family picnics, business meetings, corporate outings, church functions and more. Parks and the number of shelters available for rental are:

Fairfax Park 3 shelters	Pioneer Park 4 shelters	Stampede Park* 1 shelter
Freedom Park 1 shelter	Prairie Gateway Open Space 1 shelter	Veterans Memorial Park 1 shelter
Fronterra Park* 1 shelter	River Run Park* 2 shelters	Villages East Park* 1 shelter
Monaco Park 2 shelters	Turnberry Park* 1 shelter	

Applications for shelter rentals are taken starting March 1. Shelters can be rented daily from 8 a.m. to 10 p.m. through October. Reservations must be made at least two weeks in advance.

To reserve a picnic shelter, please visit the recreation center in person and let us help you complete your application, including any permits for alcohol or special events. A \$100 deposit is due upon reservation, and rental payment must be made in full two weeks before date needed. The deposit is refunded in full if shelter is left clean and undamaged.

**Parks marked with an asterisk are available to rent online at c3gov.com/register.*

Shelter fees are based on all-day use. All shelters are equipped with lights and electrical outlets with the exception of the Prairie Gateway Open Space shelter. Call 303-289-3789 for shelter rental fees.

Smoking is banned in all city parks, trails and open spaces and only permitted in parking areas.

Athletic Facility Rentals

Host a tournament, game or practice at a Commerce City athletic facility by calling 303-289-3763. Rental applications and associated fees must be submitted at least two weeks before the desired rental date. Ball fields are available for rental from 8 a.m. to 10 p.m. and can be rented by the hour or daily, with a two-hour minimum required. Fees vary depending upon the field.

Fairfax Park

6850 Fairfax St.

Three multi-purpose baseball/softball fields (Game or practice fields)

Pioneer Park

5950 Holly St.

Four multi-purpose baseball/softball fields with lights (Game fields, with limited practices)

Fronterra Park

10020 Joplin St.

Three multipurpose football/soccer fields (Practice fields)

River Run Park

11515 Oswego St.

Two multipurpose Football/Soccer Fields (Practice fields)

Monaco Park

5790 Monaco St.

Two outdoor and volleyball sand courts with lights

Turnberry Park

10725 Wheeling St.

Three multipurpose Football/Soccer Fields (Practice fields)

Municipal Services Center

8602 Rosemary St.

Two multi-purpose football/soccer fields (Game fields)

Villages East Park

11698 Chambers Rd.

One multipurpose Baseball/Softball Field (Practice field)



FALL BRINGS LOWER RATES TO BUFFALO RUN



The crisp days of October can be the best time of year to play golf. Fall colors and discount prices make Buffalo Run your home for golf this autumn. Fall rates begin September 30.

Book A Tee Time

- By the phone at 303-289-1500
- Online at BuffaloRunGolfCourse.com
- In person at 15700 E. 112th Ave.

Sign up online at www.BuffaloRunGolfCourse.com to participate in our eClub. By doing so you will receive discounts for golf and food!

Location

15700 E. 112th Avenue
 Commerce City, CO 80022
 303-289-1500

Golf Course Hours*

Sunrise - sunset

Driving Range Hours*

Sunrise - one hour prior to sunset

*Weather permitting.

Shoulder Season

October 1-November 4, 2019

	9 Hole	18 Hole
Resident		
Mon-Thur	\$18	\$30
Fri-Sun	\$22	\$34
Non-resident		
Mon-Thur	\$25	\$35
Fri-Sun	\$27	\$39
Senior Resident (62 and older)		
Tue-Thur (excludes holidays)	\$14	\$25
Senior Nonresident (62 and older)		
Tue-Thur (excludes holidays)	\$15	\$27
Senior Appreciation Day (all day Monday; holidays excluded)		
	\$10	\$20
Junior (17 and younger)		
Mon-Thur	\$7	\$13
Fri-Sun (after 2 p.m.)		
Twilight Rates		
Mon-Thur	\$18	\$30
Fri-Sun & Holidays	\$20	\$35
Super Twilight - 7 days a week	\$10	\$20
Other Rates		
	9 Hole	18 Hole
Cart rental (per person)	\$12	\$17
Pull cart	\$3	\$6
Club rental standard	\$8	\$13
Range balls	\$4 Small	\$6 Large

Prices do not include tax. Tee times can be made seven days in advance.





SWING INTO FALL



Nine and Dine

For couples, enjoy an evening at Buffalo Run with our Nine & Dine package which includes casual dining and golf experience. Golf begins with a shotgun start; fees are \$99 per couple and include nine holes of golf with cart, dinner and awards at the Bison Grill.

Sat	8/3	5 p.m.	Wild Wild West
Sat	9/7	5 p.m.	Super Sports Fan

Like us on Facebook to receive the latest deals, news and updates from Buffalo Run Golf Course and Bison Grill.

www.facebook.com/BuffaloRunGolf



BISON GRILL

Kick off the weekend socializing with new friends and swinging those clubs. Relax on the patio of Bison Grill with a cool beverage after your round. Savor a meal from the Bison Grill while enjoying the best views in town. Be sure to visit the website www.BuffaloRunGolfCourse.com for special events, promotions, and menu details. Open to the public.

BOOK YOUR HOLIDAY PARTY NOW

Don't wait until the last minute to book your holiday party. We are now taking reservations for groups from 20 to 100. The Bison Grill offers a delightful selection of special banquet menu items and wonderful views of Buffalo Run Golf Course. Book your holiday party, corporate event, or wedding today. Call the food and beverage manager at 303-286-4845 for available dates.

