



COMMERCE CITY PARKS, RECREATION AND GOLF GUIDE **WINTER/SPRING 2020**

Registration opens December 2

c3gov.com/recreation



NEW BROCHURE DESIGN

Our guide to parks,
recreation and golf
has a new, sleek look!

NEW YEAR, GET IN GEAR

Get your body, mind,
and soul in gear
for the new year!

Details on page 21

Find us on:

 facebook.com/commercecityparksrecgolf

 instagram.com/commercecityparksrecgolf



21ST ANNUAL WINTERFEST IN COMMERCE CITY

Enjoy family fun, holiday crafts and a special visit from Santa! Sponsored by Adams 14 Education Foundation, Adams City High School, Adams County, Commerce City Business and Professional Association, Community Choice Credit Union, City of Commerce City, and South Adams County Fire District.

12/7 Sa 8:45-11:30 a.m. FREE Adams City High School, 7200 Quebec Pkwy.

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. Online registration ends 12/4. Each session is limited to 160 people. After Dec. 4th, remaining tickets will be available at the door on a first come/first serve basis. Parents must register in advance. We expect to sell out so get your tickets now!

12/7 Sa \$4 per person/\$6 per person Bison Ridge

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

Available tickets increase by \$2 each at the door

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.

12/19 Th 1 p.m.-3 p.m. FREE Eagle Pointe

DADDY DAUGHTER DANCE - THE ROARING 20'S

Be part of the annual Daddy Daughter Dance! Join your special girl for a magical evening of dancing, games, and prizes! Girls and their special male grown up are all welcome. Must register both adult and child and space is limited so register early. Girls ages 4 – 17 with adult male role model.

2/7 F 6-9 p.m. \$12/\$15/person 7051.101 Bison Ridge

(fees increase to \$16/\$19 per person after 1/31)

MASQUERADE BALL

Come ready to mix and mingle, and dance the night away! Commerce City is having a magical masquerade ball! Bring the entire family to enjoy an evening of refreshments, music, and dancing at Bison Ridge Recreation Center. Bring your own mask or design a mask provided at the event.

3/20 F 6 p.m.-8 p.m. \$10/\$12 4651.106 Bison Ridge



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
 Hours from Aug. 5-Dec. 31
 Mon-Fri 5:30 a.m.-9:30 p.m.
 Sat 7 a.m.-7 p.m.
 Sun 8 a.m.-6 p.m.

Hours starting Jan. 2, 2020
 Mon-Fri 5:00 a.m.-9:30 p.m.
 Sat 7 a.m.-7 p.m.
 Sun 8 a.m.-6 p.m.

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
 Dec. 24 – close at 1 p.m.
 Dec. 25
 Dec. 31 – close at 1 p.m.
 Jan. 1
 March 8 (Eagle Pointe) opens at 1 p.m.
 March 15 (Bison Ridge) opens at 1 p.m.
 April 12

IMPORTANT NUMBERS
 Athletic Weather Hotline
 303-289-3757

Active Adult Lobby Desk
 303-289-3756

Buffalo Run Golf Course
 303-289-1500

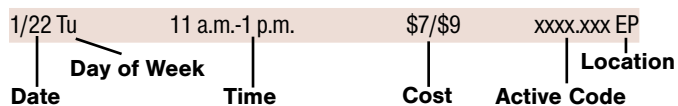
DEPARTMENT STAFF
 Carolyn J. Keith
CPRP, Director
 Chad Redin
Recreation Manager
 Mike Brown
Park Planning and Operations Manager
 Paul Hebinck
PGA, Golf Manager

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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:



BR = Bison Ridge Recreation Center
EP = Eagle Pointe Recreation Center

POLICIES

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 the specific area.

Area Employee Discount

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. See page 44 for more information.

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.

2019 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

	20-visit	Monthly	Annual
Nonresident Rates			
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. -20-visit punch passes expire one year from the date of purchase and refunds will not be provided for unused punches.

Child Watch

We offer affordable child care to our guests while they are in the facility during peak times. Hours will vary by center.

**BISON RIDGE HOURS
(UP TO 2 HOURS MAXIMUM)**
MONDAY – FRIDAY
8:45 A.M.-1:15 P.M.

**EAGLE POINTE HOURS
(UP TO 2 HOURS MAXIMUM)**
MONDAY – THURSDAY
4:45 P.M.-8:15 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

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 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 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. To add additional family members to your online account, please call or visit one of the recreation centers.
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:

1/21 Tu	12-1:30 p.m.	\$7/\$9	xxxx.xxx BR
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ACTIVE ADULTS

Unless listed otherwise, all available events and classes are available to ages 18+

Events

LUNCH BUNCH (FORMERLY BIRTHDAY LUNCH)

Catch up with your friends as we serve up a great, nutritionally balanced lunch and 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!

ELVIS' BIRTHDAY LUNCH BUNCH

On January 8th Elvis Presley would have turned 85! Help us celebrate the King of Rock n' Roll and his birthday in this fun lunch bunch celebration! Entertainer Don Garcia as Elvis will be joining us, so you won't want to miss this!

1/21 Tu	12-1:30 p.m.	\$7/\$9	4201.101 EP
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ST. PATRICK'S DAY LUNCH BUNCH

March is a month to get your Irish on! Dress in green and get ready to shake your shamrocks as we say a toast and celebrate St. Patty's Day in this Lunch Bunch bash that will make everyone green with envy! The entertainer Gary Michaels, Guitarist and Vocalist, will be there! Transportation will be provided from Eagle Pointe to Bison Ridge, please call 303-289-3720 to reserve your seat!

3/17 Tu	12-1:30 p.m.	\$7/\$9	4251.101 BR
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COFFEE WITH KYLIE

Have a cup of coffee with Kylie Whitmore, Active Adult Specialist for Commerce City. Find out why she would rather have tea than coffee and learn about her start in recreation, her time at Colorado State University, her love of travel, and more! Please pre-register so that we know how much coffee to make!

2/21 F	9-10 a.m.	Free	4601.103 EP
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VIP REWARDS EVENT

Did you participate in at least 8 trips with the Eagle Pointe Active Adult Center between July 1- Dec 31 2019? If so, we want to recognize you as a VIP trip participant. Pre-registration is required.

1/22 W	11 a.m.-12:30 p.m.	Free	4601.101 EP
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PIE AND COFFEE

You never need an excuse to eat pie, but what better time to do it than on National Pie Day - January 23. First recognized by the American Pie Council in 1986, this is a great chance to sample a selection of pies and enjoy some time with friends.

1/23 Th	3-4 p.m.	\$5/\$6	4601.102 EP
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DOMINOS TOURNAMENT

All skill levels are welcome to compete in a fun afternoon of dominos played in the chicken foot format. The top finishers receive prizes and refreshments are provided.

2/10 M	10:30 a.m.-2:30 p.m.	\$5/\$6	4601.104 EP
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VALENTINES DAY BISCUITS AND GRAVY

Bring your sweetie and your friends to the Eagle Pointe Recreation Center and enjoy an early start to Valentine's Day. Breakfast will feature a traditional biscuit with sausage gravy. Proceeds benefit the Goodfriends scholarship program. There is no need to pre register for this event, simply show up and pay at the door. To go meals can be ordered by calling 303-289-3756.

2/14 F	7 a.m.-10 a.m.	\$4.50 Pay at the door	EP
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BINGO FAMILY FUN NIGHT

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 2/20 so food and materials can be prepared. **Ages 6 and up with adult**

2/21 F	6-8 p.m.	\$12/\$15 person	4651.103 BR
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MASQUERADE BALL

Come ready to mix and mingle, and dance the night away! Commerce City is having a magical masquerade ball! Bring the entire family to enjoy an evening of refreshments, music, and dancing at Bison Ridge Recreation Center. Bring your own mask or design a mask provided at the event.

3/20 F	6 p.m.-8 p.m.	\$10/\$12	4651.106 BR
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EASTER EGG DYEING

Looking for an egg-cellent way to start off your Easter holiday? Grab a friend, grandchild, or just yourself and come decorate eggs! Learn fun techniques and easy ways to make your eggs stand out. Hard-boiled eggs and dyeing supplies will be provided! All ages welcome!

4/10 F	6 p.m.-7:30 p.m.	\$5/\$6	4651.104 BR
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EASTER TEA PARTY

Put on your spring finest and attend a special Easter Tea hosted by Commerce City Active Adult staff! Sample finger sandwiches, salad, and sweet treats while you sip a variety of teas. We will play games, tell stories and have fun with friends and family. Bring your children, your grandparents, your nieces, nephews, and friends because EVERYONE is welcome to participate in this fun event! Transportation will be provided from Eagle Pointe to Bison Ridge, please call 303-289-3720 to reserve your seat

4/11 Sa	11 a.m. - 1 p.m.	\$12/\$13	4651.105 BR
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Be Creative

CRAFTS WITH KYLIE

Yarn Crafts

Come enjoy a cup of coffee and knit, crochet, embroider, or cross-stitch with Kylie, Commerce City's Active Adult Specialist. Time will be spent chatting and working on the yarn craft you bring in.

1/8 W	9 a.m.-12 p.m.	\$3/\$4	4651.101 BR
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Candle Crafts

Do you enjoy DIY projects and crafts? If so, come join Active Adult Specialist and Pinterest guru Kylie in making homemade candles! Supplies for the craft will be provided and tons of fun will be had!

2/4 Tu	9 a.m.-12 p.m.	\$3/\$4	4651.102 BR
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GUITAR

In this beginner level guitar class you will learn basic chords, scales and strumming patterns. You will progress enough to be able to play basic songs by the end of the session. Must supply own acoustic guitar. All sheet music provided. Minimum of 3 students needed for a class to run.

1/11-2/15 Sa	12:15-1:00 p.m.	\$40/\$45	8201.101 EP
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3/7-4/11 Sa	12:15-1:00 p.m.	\$40/\$45	8202.101 EP
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CERAMICS

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 the instructor will advise on further purchases. Fee includes instruction and firing. The same punch card can be used at Tuesday or Wednesday classes.

Tu	9 a.m.-Noon
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W	6-9 p.m.
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Resident \$20 (five-visit punch card)

Non-resident \$20 (four-visit punch card)

Coffee in the Lobby

Bison Ridge

8 a.m.-11 a.m.

Tue 1/28

Tue 2/25

Tue 3/24

Tue 4/28

Eagle Pointe

8 a.m.-11 a.m.

Fri 1/10

Fri 2/14

Fri 3/13

Fri 4/17

Senior Planet Technology Series

brought to you by the Senior Commission

INSTAGRAM

You've heard of Instagram, but did you know that the Parks and Recreation Department has its own account? Come learn about this visually oriented sharing platform, one of the most exciting of the social media sites. This lecture offers an overview of some of Instagram's more popular features and will give you a taste for what all the fuss is about.

1/24 F	10 a.m.-12 p.m.	Free	4001.101 EP
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FOOD DELIVERY APPS

Ordering food from home is now easier than ever thanks to the internet. This lecture provides an overview of the most popular food delivery apps, such as Seamless. You'll learn about the pros and cons, how to search for new restaurants, and how to leave a tip and rating.

2/21 F	10 a.m.-12 p.m.	Free	4001.102 EP
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Get Active

BEGINNER LINE DANCE WORKSHOP AT EAGLE POINTE

Learn basic line dance steps in a relaxed environment for 6 weeks. Not only is it a fun class, but you will get exercise and see improvement in your skills throughout the session. Taught by Vera Karasik, this workshop is designed for the person with no line dance experience that is interested in learning the basics in a stress free environment.

Session 1

1/8-2/12 W	9-10 a.m.	\$36 for the session	4401.101
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Session 2

3/4-4/8 W	9-10 a.m.	\$36 for the session	4402.101
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BEGINNER AND INTERMEDIATE LINE DANCE CLASSES AT BISON RIDGE

Join progressive line dance classes for those who love to stay active and fit. We have two offerings at Bison Ridge, a beginner class and an intermediate class and both classes are taught by Rosalie Farrer. 5-visit punch card for \$25 or \$6 drop-in.

Beginner

Mondays	9-10 a.m.
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Intermediate

Mondays	10:15-11:15 a.m.
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SQUARE DANCE

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	EP
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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. Ages 50 and older.

Thursdays at Bison Ridge

1/9 - 1/30 Th	10:45-11:45 a.m.	\$25/\$30	3171.101 BR
2/13 - 3/5 Th	10:45-11:45 a.m.	\$25/\$30	3172.101 BR
3/19 - 4/9 Th	10:45-11:45 a.m.	\$25/\$30	3173.101 BR

Tuesdays at Eagle Pointe

1/21 - 2/11 Tu	10:45-11:45 a.m.	\$25/\$30	3121.101 EP
2/25 - 3/17 Tu	10:45-11:45 a.m.	\$25/\$30	3122.101 EP
3/31 - 4/21 Tu	10:45-11:45 a.m.	\$25/\$30	3123.101 EP

NEW YEAR, GET IN GEAR!**CITY OF COMMERCE CITY'S 2020 FITNESS CHALLENGE**

This program starting in January runs for three months and includes weekly check-ins, nutrition seminars, and group workouts. There are monthly weigh-ins, body measurements, and body composition tests. Registration includes a Saturday weight lifting program, life coach program, three personal training sessions, and two massages. Win prizes for meeting your monthly goals! **Ages 16 and older.** See page 21 for more details.

1/6-3/30 M	6:00-7:30 p.m.	\$350/\$370	3751.101 BR
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Educational Classes**PREVENTING FALLS**

Falls can lead to bruises, pulled muscles and broken bones. That might not seem like a big problem until you know what's really at risk. According to the CDC, one out of every three older adults falls each year and 2.5 million older adults are treated in emergency departments for fall injuries. We'll discuss:

1. Steps to help prevent trips and falls
2. When to see your doctor
3. Fall-proofing your home

1/7 Tu	11 a.m.-12:30 p.m.	Free	4701.101 EP
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HEART HEALTH

There are lots of foods you may want to stay away from, but we're not just going to talk about what we can't eat. There are plenty of heart-healthy foods out there, and you'll learn that it's really very easy to work them into our everyday diets. We'll discuss:

1. Risk factors for heart disease
2. Tips to help keep your heart healthy
3. The basics of heart disease, high blood pressure, and high cholesterol
4. How to make heart-healthy eating a part of your daily life

2/4 Tu	11 a.m.-12:30 p.m.	Free	4701.102 EP
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FOOD AND YOU: WHAT'S AGING GOT TO DO WITH IT?

You often hear that eating healthy is extremely important as you age. But you seldom hear about all of the changes that take place in your body and how those changes can affect your food choices.

Healthy eating is important for everyone, but you may need to be even more mindful of what you eat as you get older. During this class, you'll learn:

1. Why healthy eating changes as you age
2. The top three changes that affect the way you eat
3. Some tips to overcome these changes so you can continue to make healthy choices

3/3 Tu	11 a.m.-12:30 p.m.	Free	4701.103 EP
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ACTIVE MINDS HISTORY

Active Minds provides programming and courses that hope to stimulate a love for life long learning. Come to this class to get a feel for a series of classes that will run through the summer of 2020.

Space Exploration: From the Moon Landing to Today and Beyond

Fifty years last summer, the United States landed the first manned space mission on the moon. Join Active Minds as we reflect on President Kennedy's challenge, the space race, the Apollo Mission, and the role NASA has played since the lunar landing. We will bring the topic up to date by discussing the current political context for NASA and the rise of private space companies such as SpaceX, Blue Origin, Virgin Galactic, and others.

3/13 F	10 a.m.-12 p.m.	\$5/\$7	4701.106 EP
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DRIVER SAFETY

In this class, brought to you by AARP you will learn defensive driving techniques, new traffic laws, rules of the road and how to deal with aggressive drivers. Course participants may be eligible to receive an insurance discount. (Consult your insurance agent for further details). Payment is due to the instructor on the day of class. Pre-registration is required.

Cost is \$15 for AARP members and \$20 for non-members

1/10 F	8:30 a.m.-12:30 p.m.	\$15	4701.105 EP
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POSITIVE THINKING: WHEN LIFE GIVES US LEMONS

Positive thinking is powerful! It can help turn a difficult situation into one that's manageable – and sometimes even enjoyable. Learn how to look on the bright side and bring more happiness, connection, and gratitude to your life. We'll discuss:

1. The power of positive thinking
2. Positive thinking: what it is and what it's not
3. 10 steps to help you respond to adverse situations with positivity

4/7 Tu	11 a.m.-12:30 p.m.	Free	4701.104 EP
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Resources

MEDICARE 1-ON-1

Humana Health assists older adults with questions about Medicare and Medicaid every fourth Tuesday of the month from 9 a.m. to 11 a.m. A benefits counselor can answer questions about Medicare health plans, prescription drugs and whether you qualify for assistance with premiums or co-payments. Call 303-289-3764 to make an appointment.

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 free service audio, braille, and large print books or magazines to keep people connected to a favorite past time. See an Active Adult staff member for more details or 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.

1/6, 1/20, 2/3, 2/17, 3/2, 3/16, 4/6, 4/20 10:00-11:30 a.m.

VNA 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.

ANYTHINK LIBRARY BOOK MOBILE

The Anythink bookmobile has a NEW weekly stop at Eagle Pointe. Hop on board for books, resources, activities and more. Visit www.anythinklibraries.org for a complete schedule and updates. Every Thursday except holidays and inclement weather.

Th 11 a.m.- 12 p.m. FREE EP



Drop-Ins

Drop-in programs are free and open to adults 18+

Eagle Pointe

Billiards
Monday-Friday 8:30 a.m.-4 p.m.

Jigsaw Puzzles
Monday-Friday 8 a.m.-4 p.m.

Dominos
Mondays Noon-3:30 p.m.

Potluck/Bingo
1st Tuesdays Noon-1:30 p.m.

Movie Matinee
4th Tuesdays 1-3 p.m.

Bunco
2nd Tuesdays 1-3:30 p.m.

Quilting
Wednesdays 9-11 a.m.

Rummikub
Wednesdays Noon-3:30 p.m.

Card games
Fridays 9 a.m.

Coloring Group
2nd and 4th Mondays 10 a.m.

Walking Group
1st and 3rd Fridays 10 a.m.

Bison Ridge

Coffee and Crafts
1st Tuesdays 9-11 a.m.

Yarn Crafts
2nd Wednesdays 9-11 a.m.

Mahjong
2nd and 3rd Wednesdays 1 p.m.

Coffee and Cards
2nd Thursdays 9 a.m.





DAY TRIPS

Date	Time	Cost	Active Code
2/5 W	9 a.m.-3 p.m.	\$8/\$9	xxxx.xxx
Location	L 2	RD 1/29	
Location	Level	Registration Deadline	

January

GAYLORD ROCKIES RESORT TOUR & THE ICE EXPERIENCE

Learn about Aurora's largest resort filled with alpine charm just moments from home. After lunch celebrate the holidays by viewing "Ice" featuring Rudolph the Red-Nosed Reindeer where over two million pounds will be on display. Lunch on own.

1/3 F	9:15 a.m.-2 p.m.	\$27/\$28	4501.111
Aurora	L 3	RD 12/27	

LUNCH & MOVIE

Enjoy lunch and a movie with friends. Entrance to movie included in fee. Lunch on own.

1/8 W	10:30 a.m.-4 p.m.	\$7/\$8	4501.110
Arvada	L 1	RD 1/2	

IMAX TURTLE ODYSSEY & DENVER NATURE & SCIENCE MUSEUM

Explore the museum and the exhibits, then learn about the life circle of an Australian green sea turtle and its journey across the ocean in 3D. Lunch on own. Please note the early deadline 1/2.

1/15 W	10 a.m.-4 p.m.	\$24/\$25	4501.112
Denver	L 2	RD 1/2	

NATIONAL WESTERN STOCK SHOW PRO RODEO

Rodeo's top athletes from around the country roll into Denver for the first major pro rodeo of the season. From barrel racers to mutton busters, don't miss the match-up between these two and four-legged athletes. Lunch on own.

1/23 Th	9:45 a.m.-2 p.m.	\$23/\$24	4501.113
Denver	L 2	RD 1/16	

DINNER OUT "GUNTHER TOODY'S"

Enjoy an evening at this American classic restaurant which feels like it is straight out of the 1950's. Dinner costs on own.

1/27 M	4:30 p.m.-8 p.m.	\$8/\$9	4501.103
Northglenn	L 1	RD 1/20	

INTERNATIONAL SNOW SCULPTURE CHAMPIONSHIP

Sixteen teams from around the world descend on Breckenridge, Colorado to hand-carve 20-ton blocks of snow into intricate works of art. Lunch on own.

1/29 W	9 a.m.-5 p.m.	\$10/\$11	4501.114
Breckenridge	L 3	RD 1/22	

URBAN PUTT GOLF & DINNER

Denver's newest premier indoor miniature golf destination. The course features many of Denver's famous sights. After a round of miniature golf, enjoy dinner at Urban Golf. Dinner on own.

1/30 Th	3:30 p.m.-7 p.m.	\$18/\$19	4501.115
Denver	L 3	RD 1/23	

February

GAMBLING "Z'S" CASINO

Enjoy a scenic ride through the canyon on the way to the casino! Lunch on own.

2/5 W	9 a.m.-3 p.m.	\$8/\$9	4501.107
Black Hawk	L 2	RD 1/29	

ANTIQUES ECT. SHOPPING

This Antique Mall features over 10,000 sq. ft. and over 50 dealers which gives you the opportunity to discover some real treasures from the past. Lunch on own.

2/7 F	9:30 a.m.-1:30 p.m.	\$8/\$9	4501.116
Denver	L 1	RD 1/31	

DU MUSEUM OF ANTHROPOLOGY

Tour of the DU Museum of Anthropology. Lunch on own.

2/12 W	10 a.m.-2 p.m.	\$8/\$9	4501.117
Denver	L 3	RD 2/5	

THE ROSE TEA ROOM AT WEATHERED

The Rose Tea Room at Weathered serves a 4 course Luncheon Tea which includes scones, fruit, soup and salad, Quiche and desserts. Two varieties will be served. Cash or check only day of the event for Tea. Lunch on own.

2/15 Sa	10 a.m.-2 p.m.	\$9/\$10	4501.118
Broomfield	L 1	RD 2/8	

DENVER FIRE FIGHTER'S MUSEUM

The Denver Fire Fighter's Museum is dedicated to educating the public about fire safety and the history of firefighting in Denver. Lunch on own.

2/19 W	10:15 p.m.-2:15 p.m.	\$14/\$15	4501.119
Denver	L 2	RD 2/12	

DINNER OUT "SWEET TOMATOES"

Healthy all-you-can-eat buffet featuring fresh farm menu with made from scratch baked goods. Dinner costs on own.

2/24 M	4:30 p.m.-8 p.m.	\$8/\$9	4501.104
Westminster	L 1	RD 2/17	

March

DENVER BODY MIND SPIRIT CELEBRATION

This event exhibits vast array of crystals, metaphysical treasures, and many more holistic services in the Ayurvedic & Herbal, Medical & Pharmaceutical industries. Lunch on own.

3/1 Su	10 a.m. - 2 p.m.	\$24/\$25	4551.101
Aurora	L 3	RD 2/23	

PACE CENTER ADULT LECTURE SERIES

Barbara Sims, Healing Arts Coordinator, Parker Adventist Hospital speaks on the importance of how live music can make a difference in the healing process. The science between live music versus other types of music. Barbara will share amazing stories which can be told related to live music and how it can make a difference not only in a patient's life but also in your life. No meal stop.

3/4 W	5 p.m.-9 p.m.	\$16/\$17	4501.120
Parker	L 1	RD 2/26	

MYSTERY TRIP

Discover new places on this mystery trip. Only the organizer knows the destination, but it's always fun! Level 3. Lunch on own.

3/11 W	9 a.m.-5 p.m.	\$10/\$11	4501.109
???	L 3	RD 3/4	

DINNER OUT "CASEY'S PUB"

Casey's menu features traditional Irish fare and American favorites. Dinner costs on own.

3/23 M	4:30 p.m. - 8 p.m.	\$8/\$9	4501.105
Denver	L 1	RD 3/16	

WILD WOMEN WINERY TASTING & PIZZA

Located in Denver, this winery opened it's doors ten years ago. While learning about the wines offered the group will enjoy pizza for lunch. Pizza included in fee. Tasting are an additional fee.

3/25 W	12:15 p.m. - 4 p.m.	\$25/\$26	4501.121
Denver	L 2	RD 3/18	

LUNCH OUT "BUCK HORN EXCHANGE"

Denver's original steakhouse is located Denver's oldest neighborhood. Serving beef, buffalo, elk, salmon, quail and exotic appetizers. Join us for an experience never to forget. Lunch on own.

3/30 M	10:30 a.m. - 1:30 p.m.	\$8/\$9	4501.122
Denver	L 2	RD 3/23	

GAMBLING TRIP "BULL DURHAM"

Enjoy a scenic ride through the canyon on the way to the casino! Lunch on own.

4/1 W	9 a.m.-3 p.m.	\$8/\$9	4501.108
Black Hawk	L 3	RD 3/25	

April

HISTORICAL COMMERCE CITY TOUR

Learn about the history of Commerce City with Debra Bullock. Travel through Commerce City as Debra takes the group to various historical building, then enjoy refreshments at the Commerce City Historical Society's Museum. No meal stop.

4/10 F	9 a.m.-3 p.m.	\$10/\$11	4501.123
Commerce City	L 1	RD 4/3	

LUNCH AT MR. MINER'S TRIBUTARY & BOETTCHER MANSION TOUR

Enjoy a meal at Mr. Miner's Tributary in Golden, then travel to Boettcher Mansion for a tour on Lookout Mountain. Lunch on own.

4/15 W	F 10:15 a.m. - 4:15 p.m.	\$13/\$14	4501.124
Golden	L 3	RD 4/8	

ACAN CONFERENCE

Adams County Aging Network offers a day full of helpful information and services provided to the community. Lunch is included.

4/23 Th	8 a.m.-3 p.m.	\$16/\$17	4501.125
Brighton	L 1	RD 4/16	

MOLLY BROWN HOUSE TOUR

The unsinkable Molly Brown was a famous American philanthropist, activist and socialite. Visit her Denver home museum and learn of Molly Brown's life. Lunch on own.

4/24 F	9:45 a.m. - 2:45 p.m.	\$20/\$21	4501.126
Denver	L 3	RD 4/17	

DINNER OUT "JUICY SEAFOOD"

Serving fresh seafood in a variety of flavorful sauces, this menu is sure to please the seafood lover. Dinner on own.

4/27 M	4 p.m.-8 p.m.	\$8/\$9	4501.106
Aurora	L 1	RD 4/20	

Extended Travel Trips

EXTENDED TRAVEL TRIPS IN 2020

Costa Rica Adventure	February 12, 2020
Deadwood SD	May 19, 2020
Blue Grass Country & the Smoky Mountains	June 4, 2020
Explore Tuscany	September 30, 2020
Classic New England	October 1, 2020

Please contact Vicki Masters for more information at vmasters@c3gov.com or call (303) 289-3764.

Informational presentations available for Tuscany trip:

2/6 Th	9:00 a.m.	EP
2/6 Th	6:00 p.m.	BR

For more information contact Vicki Masters, 303-289-3764 or vmasters@c3gov.com.



AQUATICS

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 5:30 a.m. – 9 p.m. Monday through Friday; 7 a.m. – 6:30 p.m. on Saturdays; 8 a.m.-5:30 p.m. on Sundays.

Starting January 1, 2020, pool hours at both Eagle Pointe and Bison Ridge are 5 a.m.-9 p.m. Monday-Friday; 7 a.m.-6:30 p.m. on Saturdays; 8 a.m.-5:30 p.m. 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.

OPEN SWIM AND LAP SWIM INFORMATION

Open Swim

Open swim times are available to participants of all ages. Slides are available or can be made available upon request. Children 5 and under must have an adult in the water with them at all times. Children between the ages of 6-11 must have an adult present on deck to provide active supervision.

Lap Swim

Lanes are reserved for lap swimming only. Guests ages 16 and up are preferred. Younger guests may be approved based on ability and adherence to activity guidelines. Due to limited lane availability, lane sharing is required.

-Two swimmers to a lane may choose to swim circles (clockwise) or may split the lane, with each swimmer staying on one side.

-Three or more swimmers to a lane must swim circles in a clockwise direction.

For specific open and lap swim times, please visit c3gov.com/rec-centers-pools.

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

For Bison Ridge and Eagle Pointe, submit a private swim lesson request online via our website at: recreation.c3gov.com/recreation-centers-pools/bison-ridge-indoor-pool.

Private (1 person/30 minutes)	\$20R/\$26NR
Semi-private (2 people/30minutes)	\$26R/\$38NR

Once the request is submitted, 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.

Register (Pre-registered Private lessons are only offered at Eagle Pointe.)

Eagle Pointe Registered Private Lessons (1 person/30 minutes) \$100R/\$130NR

1/13-2/10 M	5wk	4:30-5:00 p.m.	6701.107 EP
1/13-2/10 M	5wk	5:00-5:30 p.m.	6701.108 EP
1/13-2/10 M	5wk	6:00-6:30 p.m.	6701.109 EP
1/14-2/11 Tu	5wk	4:30-5:00 p.m.	6701.101 EP
1/14-2/11 Tu	5wk	5:00-5:30 p.m.	6701.102 EP
1/14-2/11 Tu	5wk	6:00-6:30 p.m.	6701.103 EP
1/15-2/12 W	5wk	4:30-5:00 p.m.	6701.110 EP
1/15-2/12 W	5wk	5:00-5:30 p.m.	6701.111 EP
1/15-2/12 W	5wk	6:00-6:30 p.m.	6701.112 EP
1/16-2/13 Th	5wk	4:30-5:00 p.m.	6701.104 EP
1/16-2/13 Th	5wk	5:00-5:30 p.m.	6701.105 EP
1/16-2/13 Th	5wk	6:00-6:30 p.m.	6701.106 EP
2/24-3/23 M	5wk	4:30-5:00 p.m.	6702.107 EP
2/24-3/23 M	5wk	5:00-5:30 p.m.	6702.108 EP
2/24-3/23 M	5wk	6:00-6:30 p.m.	6702.109 EP
2/25-3/24 Tu	5wk	4:30-5:00 p.m.	6702.101 EP
2/25-3/24 Tu	5wk	5:00-5:30 p.m.	6702.102 EP
2/25-3/24 Tu	5wk	6:00-6:30 p.m.	6702.103 EP
2/26-3/25 W	5wk	4:30-5:00 p.m.	6702.110 EP
2/26-3/25 W	5wk	5:00-5:30 p.m.	6702.111 EP
2/26-3/25 W	5wk	6:00-6:30 p.m.	6702.112 EP
2/27-3/26 Th	5wk	4:30-5:00 p.m.	6702.104 EP
2/27-3/26 Th	5wk	5:00-5:30 p.m.	6702.105 EP
2/27-3/26 Th	5wk	6:00-6:30 p.m.	6702.106 EP
4/6-5/4 M	5wk	4:30-5:00 p.m.	6703.107 EP
4/6-5/4 M	5wk	5:00-5:30 p.m.	6703.108 EP
4/6-5/4 M	5wk	6:00-6:30 p.m.	6703.109 EP
4/7-5/5 Tu	5wk	4:30-5:00 p.m.	6703.101 EP
4/7-5/5 Tu	5wk	5:00-5:30 p.m.	6703.102 EP
4/7-5/5 Tu	5wk	6:00-6:30 p.m.	6703.103 EP
4/8-5/6 W	5wk	4:30-5:00 p.m.	6703.110 EP
4/8-5/6 W	5wk	5:00-5:30 p.m.	6703.111 EP
4/8-5/6 W	5wk	6:00-6:30 p.m.	6703.112 EP
4/9-5/7 Th	5wk	4:30-5:00 p.m.	6703.104 EP
4/9-5/7 Th	5wk	5:00-5:30 p.m.	6703.105 EP
4/9-5/7 Th	5wk	6:00-6:30 p.m.	6703.106 EP

Group Lessons

GROUP LESSONS LEVELS

Level 1 Water Adjustment

is appropriate if your child:

- Has a fear of the water
 - Will not put their face in the water
 - Can hold on to the side of the pool independently
- Designed for children who are new to, or slightly afraid of, the water.

Level 2 Fundamentals

is appropriate if your child:

- Will put their face in the water
 - Can perform a supported float without apprehension
 - Will explore the water freely without fear
- Teaches independent floating, basic stroke techniques, and water safety.

Level 3 Independent Swim

is appropriate if your child:

- 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
- Combines breathing, stroke techniques and distance swimming.

Level 4 Stroke Techniques

is appropriate if your child:

- Can swim half the pool length without stopping
 - Is efficient in side breathing technique
 - Can jump into 9 feet of water without assistance
- Builds endurance and improves stroke techniques.

Level 5 Stroke Mechanics

is appropriate if your child:

- 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
- Refines strokes in preparation for competitive swimming.

Level 6 Swim Team Prep

is appropriate if your child:

- Can swim a minimum of 2 laps without stopping
 - Is efficient in all competition strokes (front crawl, backstroke, butterfly, and breast stroke)
- Focuses on endurance and competitive swimming skills.

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.

GROUP LESSON SCHEDULE

Bison Ridge

LEVEL 1 - WATER ADJUSTMENT (AGE 3-5 ONLY) BR

Session 1

1/7-2/6 Tu/Th	5 wk	5:30-5:55 p.m.	6151.105
1/7-2/6 Tu/Th	5 wk	6:30-6:55 p.m.	6151.106
1/7-2/6 Tu/Th	5 wk	9:00-9:25 a.m.	6151.111
1/8-2/5 W	5 wk	5:30-5:55 p.m.	6151.101
1/8-2/5 W	5 wk	6:00-6:25 p.m.	6151.102
1/8-2/5 W	5 wk	6:30-6:55 p.m.	6151.103
1/8-2/5 W	5 wk	7:00-7:25 p.m.	6151.104
1/11-2/8 Sa	5 wk	9:00-9:25 a.m.	6151.107
1/11-2/8 Sa	5 wk	9:30-9:55 a.m.	6151.108
1/11-2/8 Sa	5 wk	10:00-10:25 a.m.	6151.109
1/11-2/8 Sa	5 wk	11:00-11:25 a.m.	6151.110

Session 2

2/18-3/19 Tu/Th	5 wk	5:30-5:55 p.m.	6152.105
2/18-3/19 Tu/Th	5 wk	6:30-6:55 p.m.	6152.106
2/18-3/19 Tu/Th	5 wk	9:00-9:25 a.m.	6152.111
2/19-3/18 W	5 wk	5:30-5:55 p.m.	6152.101
2/19-3/18 W	5 wk	6:00-6:25 p.m.	6152.102
2/19-3/18 W	5 wk	6:30-6:55 p.m.	6152.103
2/19-3/18 W	5 wk	7:00-7:25 p.m.	6152.104
2/22-3/21 Sa	5 wk	9:00-9:25 a.m.	6152.107
2/22-3/21 Sa	5 wk	9:30-9:55 a.m.	6152.108
2/22-3/21 Sa	5 wk	10:00-10:25 a.m.	6152.109
2/22-3/21 Sa	5 wk	11:00-11:25 a.m.	6152.110

Session 3

3/31-4/30 Tu/Th	5 wk	5:30-5:55 p.m.	6153.105
3/31-4/30 Tu/Th	5 wk	6:30-6:55 p.m.	6153.106
3/31-4/30 Tu/Th	5 wk	9:00-9:25 a.m.	6153.111
4/1-4/29 W	5 wk	5:30-5:55 p.m.	6153.101
4/1-4/29 W	5 wk	6:00-6:25 p.m.	6153.102
4/1-4/29 W	5 wk	6:30-6:55 p.m.	6153.103
4/1-4/29 W	5 wk	7:00-7:25 p.m.	6153.104
4/4-5/2 Sa	5 wk	9:00-9:25 a.m.	6153.107
4/4-5/2 Sa	5 wk	9:30-9:55 a.m.	6153.108
4/4-5/2 Sa	5 wk	10:00-10:25 a.m.	6153.109
4/4-5/2 Sa	5 wk	11:00-11:25 a.m.	6153.110

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.)

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

For specific class days and times, please refer to the the Bison Ridge or Eagle Pointe lesson schedules found on pages 13 and 15

SWIMMING LESSON FEES

Mon/Wed and Tue/Thurs Sessions

25 min classes	R / \$20	NR / \$28
45 min classes	R / \$25	NR / \$33
Swim Team Prep	R / \$30	NR / \$38

Wednesday and Saturday Sessions

25 min classes	R / \$10	NR / \$14
45 min classes	R / \$12.50	NR / \$16.50
Swim Team Prep	R / \$15	NR / \$19

SWIMMING 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 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.

BR Swim Lesson Registration Dates

Session 1: 12/30 @ 10 a.m. – 1/2 @ 5:30 p.m.
Session 2: 2/10 @ 10 a.m. – 2/12 @ 5:30 p.m.
Session 3: 3/23 @ 10 a.m. – 3/25 @ 5:30 p.m.

EP Swim Lesson Registration Dates

Session 1: 1/6 @ 10 a.m. – 1/8 @ 5:30 p.m.
Session 2: 2/18 @ 10 a.m. – 2/20 @ 5:30 p.m.
Session 3: 3/30 @ 10 a.m. – 4/1 @ 5:30 p.m.



LEVEL 2 - FUNDAMENTALS (AGE 3-5) BR

Session 1

1/7-2/6 Tu/Th	5 wk	6:00-6:25 p.m.	6251.105
1/7-2/6 Tu/Th	5 wk	6:30-6:55 p.m.	6251.106
1/7-2/6 Tu/Th	5 wk	7:00-7:25 p.m.	6251.107
1/7-2/6 Tu/Th	5 wk	9:00-9:25 a.m.	6251.110
1/7-2/6 Tu/Th	5 wk	9:30-9:55 a.m.	6251.111
1/8-2/5 W	5 wk	5:30-5:55 p.m.	6251.101
1/8-2/5 W	5 wk	6:00-6:25 p.m.	6251.102
1/8-2/5 W	5 wk	6:30-6:55 p.m.	6251.103
1/8-2/5 W	5 wk	7:00-7:25 p.m.	6251.104
1/11-2/8 Sa	5 wk	10:30-10:55 a.m.	6251.108
1/11-2/8 Sa	5 wk	11:30-11:55 a.m.	6251.109

Session 2

2/18-3/19 Tu/Th	5 wk	6:00-6:25 p.m.	6252.105
2/18-3/19 Tu/Th	5 wk	6:30-6:55 p.m.	6252.106
2/18-3/19 Tu/Th	5 wk	7:00-7:25 p.m.	6252.107
2/18-3/19 Tu/Th	5 wk	9:00-9:25 a.m.	6252.110
2/18-3/19 Tu/Th	5 wk	9:30-9:55 a.m.	6252.111
2/19-3/18 W	5 wk	5:30-5:55 p.m.	6252.101
2/19-3/18 W	5 wk	6:00-6:25 p.m.	6252.102
2/19-3/18 W	5 wk	6:30-6:55 p.m.	6252.103
2/19-3/18 W	5 wk	7:00-7:25 p.m.	6252.104
2/22-3/21 Sa	5 wk	10:30-10:55 a.m.	6252.108
2/22-3/21 Sa	5 wk	11:30-11:55 a.m.	6252.109

Session 3

3/31-4/30 Tu/Th	5 wk	6:00-6:25 p.m.	6253.105
3/31-4/30 Tu/Th	5 wk	6:30-6:55 p.m.	6253.106
3/31-4/30 Tu/Th	5 wk	7:00-7:25 p.m.	6253.107
3/31-4/30 Tu/Th	5 wk	9:00-9:25 a.m.	6253.110
3/31-4/30 Tu/Th	5 wk	9:30-9:55 a.m.	6253.111
4/1-4/29 W	5 wk	5:30-5:55 p.m.	6253.101
4/1-4/29 W	5 wk	6:00-6:25 p.m.	6253.102
4/1-4/29 W	5 wk	6:30-6:55 p.m.	6253.103
4/1-4/29 W	5 wk	7:00-7:25 p.m.	6253.104
4/4-5/2 Sa	5 wk	10:30-10:55 a.m.	6253.108
4/4-5/2 Sa	5 wk	11:30-11:55 a.m.	6253.109

LEVEL 2 - FUNDAMENTALS (AGE 6-12) BR

Session 1

1/7-2/6 Tu/Th	5 wk	6:00-6:45 p.m.	6261.102
1/7-2/6 Tu/Th	5 wk	7:00-7:45 p.m.	6261.103
1/8-2/5 W	5 wk	5:30-6:15 p.m.	6261.101

Session 2

1/11-2/8 Sa	5 wk	11:00-11:45 a.m.	6261.104
2/18-3/19 Tu/Th	5 wk	6:00-6:45 p.m.	6262.102

2/18-3/19 Tu/Th	5 wk	7:00-7:45 p.m.	6262.103
2/19-3/18 W	5 wk	5:30-6:15 p.m.	6262.101
2/22-3/21 Sa	5 wk	11:00-11:45 a.m.	6262.104

Session 3

3/31-4/30 Tu/Th	5 wk	6:00-6:45 p.m.	6263.102
3/31-4/30 Tu/Th	5 wk	7:00-7:45 p.m.	6263.103
4/1-4/29 W	5 wk	5:30-6:15 p.m.	6263.101
4/4-5/2 Sa	5 wk	11:00-11:45 a.m.	6263.104

LEVEL 3 - INDEPENDENT SWIM (AGE 3-5) BR

Session 1

1/7-2/6 Tu/Th	5 wk	5:30-5:55 p.m.	6351.103
1/7-2/6 Tu/Th	5 wk	6:30-6:55 p.m.	6351.104
1/7-2/6 Tu/Th	5 wk	7:00-7:25 p.m.	6351.105
1/7-2/6 Tu/Th	5 wk	9:30-9:55 a.m.	6351.108
1/8-2/5 W	5 wk	6:30-6:55 p.m.	6351.101
1/8-2/5 W	5 wk	7:00-7:25 p.m.	6351.102
1/11-2/8 Sa	5 wk	10:00-10:25 a.m.	6351.106
1/11-2/8 Sa	5 wk	11:30-11:55 a.m.	6351.107

Session 2

2/18-3/19 Tu/Th	5 wk	5:30-5:55 p.m.	6352.103
2/18-3/19 Tu/Th	5 wk	6:30-6:55 p.m.	6352.104
2/18-3/19 Tu/Th	5 wk	7:00-7:25 p.m.	6352.105
2/18-3/19 Tu/Th	5 wk	9:30-9:55 a.m.	6352.108
2/19-3/18 W	5 wk	6:30-6:55 p.m.	6352.101
2/19-3/18 W	5 wk	7:00-7:25 p.m.	6352.102
2/22-3/21 Sa	5 wk	10:00-10:25 a.m.	6352.106
2/22-3/21 Sa	5 wk	11:30-11:55 a.m.	6352.107

Session 3

3/31-4/30 Tu/Th	5 wk	5:30-5:55 p.m.	6353.103
3/31-4/30 Tu/Th	5 wk	6:30-6:55 p.m.	6353.104
3/31-4/30 Tu/Th	5 wk	7:00-7:25 p.m.	6353.105
3/31-4/30 Tu/Th	5 wk	9:30-9:55 a.m.	6353.108
4/1-4/29 W	5 wk	6:30-6:55 p.m.	6353.101
4/1-4/29 W	5 wk	7:00-7:25 p.m.	6353.102
4/4-5/2 Sa	5 wk	10:00-10:25 a.m.	6353.106
4/4-5/2 Sa	5 wk	11:30-11:55 a.m.	6353.107

LEVEL 3 - INDEPENDENT SWIM (AGE 6-12) BR

Session 1

1/7-2/6 Tu/Th	5 wk	5:30-6:15 p.m.	6361.102
1/7-2/6 Tu/Th	5 wk	7:00-7:45 p.m.	6361.103
1/8-2/5 W	5 wk	6:30-7:15 p.m.	6361.101
1/11-2/8 Sa	5 wk	10:30-11:15 a.m.	6361.104

Session 2

2/18-3/19 Tu/Th	5 wk	5:30-6:15 p.m.	6362.102
2/18-3/19 Tu/Th	5 wk	7:00-7:45 p.m.	6362.103

2/19-3/18 W	5 wk	6:30-7:15 p.m.	6362.101
2/22-3/21 Sa	5 wk	10:30-11:15 a.m.	6362.104

Session 3

3/31-4/30 Tu/Th	5 wk	5:30-6:15 p.m.	6363.102
3/31-4/30 Tu/Th	5 wk	7:00-7:45 p.m.	6363.103
4/1-4/29 W	5 wk	6:30-7:15 p.m.	6363.101
4/4-5/2 Sa	5 wk	10:30-11:15 a.m.	6363.104

LEVEL 4 - STROKE TECHNIQUES (AGE 6-12 ONLY) BR

Session 1

1/7-2/6 Tu/Th	5 wk	5:30-6:15 p.m.	6461.101
1/11-2/8 Sa	5 wk	9:00-9:45 a.m.	6461.102
1/11-2/8 Sa	5 wk	10:00-10:45 a.m.	6461.103
2/18-3/19 Tu/Th	5 wk	5:30-6:15 p.m.	6462.101

Session 2

2/22-3/21 Sa	5 wk	9:00-9:45 a.m.	6462.102
2/22-3/21 Sa	5 wk	10:00-10:45 a.m.	6462.103

Session 2

3/31-4/30 Tu/Th	5 wk	5:30-6:15 p.m.	6463.101
4/4-5/2 Sa	5 wk	9:00-9:45 a.m.	6463.102
4/4-5/2 Sa	5 wk	10:00-10:45 a.m.	6463.103

LEVEL 5 - STROKE MECHANICS (AGE 6-12 ONLY) BR

Session 1

1/11-2/8 Sa	5 wk	9:00-9:45 a.m.	6561.101
1/11-2/8 Sa	5 wk	10:00-10:45 a.m.	6561.102

Session 2

2/22-3/21 Sa	5 wk	9:00-9:45 a.m.	6562.101
2/22-3/21 Sa	5 wk	10:00-10:45 a.m.	6562.102

Session 3

4/4-5/2 Sa	5 wk	9:00-9:45 a.m.	6563.101
4/4-5/2 Sa	5 wk	10:00-10:45 a.m.	6563.102

LEVEL 6 - SWIM TEAM PREP (AGE 8-17) BR

Session 1

1/8-2/5 W	5 wk	5:30-6:30 p.m.	6861.101
1/11-2/8 Sa	5 wk	11 a.m.-12 p.m.	6861.102

Session 2

2/19-3/18 W	5 wk	5:30-6:30 p.m.	6862.101
2/22-3/21 Sa	5 wk	11 a.m.-12 p.m.	6862.102

Session 3

4/1-4/29 W	5 wk	5:30-6:30 p.m.	6863.101
4/4-5/2 Sa	5 wk	11 a.m.-12 p.m.	6863.102

WATER BABIES (AGE 6-17 MONTHS) BR

Session 1

1/11-2/8 Sa	5 wk	9:00-9:25 a.m.	6051.101
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Session 2

2/22-3/21 Sa	5 wk	9:00-9:25 a.m.	6052.101
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Session 3

4/4-5/2 Sa	5 wk	9:00-9:25 a.m.	6053.101
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PARENT TOT (AGE 18 MOS – 2 YRS) BR

Session 1

1/11-2/8 Sa	5 wk	9:30-9:55 a.m.	6051.102
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Session 2

2/22-3/21 Sa	5 wk	9:30-9:55 a.m.	6052.102
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Session 3

4/4-5/2 Sa	5 wk	9:30-9:55 a.m.	6053.102
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Eagle Pointe

LEVEL 1 - WATER ADJUSTMENT (AGE 3-5 ONLY) EP

1/13-2/12 M/W	5 wk	4:30-4:55 p.m.	6101.105
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1/13-2/12 M/W	5 wk	5:30-5:55 p.m.	6101.106
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1/14-2/13 Tu/Th	5 wk	4:30-4:55 p.m.	6101.101
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1/14-2/13 Tu/Th	5 wk	5:30-5:55 p.m.	6101.102
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1/18-2/15 Sa	5 wk	9-9:25 a.m.	6101.103
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1/18-2/15 Sa	5 wk	10-10:25 a.m.	6101.104
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2/24-3/25 M/W	5 wk	4:30-4:55 p.m.	6102.105
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2/24-3/25 M/W	5 wk	5:30-5:55 p.m.	6102.106
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2/25-3/26 Tu/Th	5 wk	4:30-4:55 p.m.	6102.101
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2/25-3/26 Tu/Th	5 wk	5:30-5:55 p.m.	6102.102
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2/29-3/28 Sa	5 wk	9-9:25 a.m.	6102.103
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2/29-3/28 Sa	5 wk	10-10:25 a.m.	6102.104
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4/6-5/6 M/W	5 wk	4:30-4:55 p.m.	6103.105
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4/6-5/6 M/W	5 wk	5:30-5:55 p.m.	6103.106
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4/7-5/7 Tu/Th	5 wk	4:30-4:55 p.m.	6103.101
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4/7-5/7 Tu/Th	5 wk	5:30-5:55 p.m.	6103.102
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4/11-5/9 Sa	5 wk	9-9:25 a.m.	6103.103
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4/11-5/9 Sa	5 wk	10-10:25 a.m.	6103.104
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LEVEL 2 - FUNDAMENTALS (AGE 3-5) EP

1/13-2/12 M/W	5 wk	4:30-4:55 p.m.	6201.105
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1/13-2/12 M/W	5 wk	5:30-5:55 p.m.	6201.106
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1/14-2/13 Tu/Th	5 wk	4:30-4:55 p.m.	6201.101
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1/14-2/13 Tu/Th	5 wk	5:30-5:55 p.m.	6201.102
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1/18-2/15 Sa	5 wk	9:30-9:55 a.m.	6201.103
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1/18-2/15 Sa	5 wk	10:30-10:55 a.m.	6201.104
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2/24-3/25 M/W	5 wk	4:30-4:55 p.m.	6202.105
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2/24-3/25 M/W	5 wk	5:30-5:55 p.m.	6202.106
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2/25-3/26 Tu/Th	5 wk	4:30-4:55 p.m.	6202.101
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2/25-3/26 Tu/Th	5 wk	5:30-5:55 p.m.	6202.102
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2/29-3/28 Sa	5 wk	9:30-9:55 a.m.	6202.103
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2/29-3/28 Sa	5 wk	10:30-10:55 a.m.	6202.104
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4/6-5/6 M/W	5 wk	4:30-4:55 p.m.	6203.105
4/6-5/6 M/W	5 wk	5:30-5:55 p.m.	6203.106
4/7-5/7 Tu/Th	5 wk	4:30-4:55 p.m.	6203.101
4/7-5/7 Tu/Th	5 wk	5:30-5:55 p.m.	6203.102
4/11-5/9 Sa	5 wk	9:30-9:55 a.m.	6203.103
4/11-5/9 Sa	5 wk	10:30-10:55 a.m.	6203.104

LEVEL 2 - FUNDAMENTALS (AGE 6-12) EP

1/13-2/12 M/W	5 wk	5-5:45 p.m.	6211.105
1/13-2/12 M/W	5 wk	6:30-7:15 p.m.	6211.106
1/14-2/13 Tu/Th	5 wk	5-5:45 p.m.	6211.101
1/14-2/13 Tu/Th	5 wk	6:30-7:15 p.m.	6211.102
1/18-2/15 Sa	5 wk	10-10:45 a.m.	6211.103
1/18-2/15 Sa	5 wk	11-11:45 a.m.	6211.104

2/24-3/25 M/W	5 wk	5-5:45 p.m.	6212.105
2/24-3/25 M/W	5 wk	6:30-7:15 p.m.	6212.106
2/25-3/26 Tu/Th	5 wk	5-5:45 p.m.	6212.101
2/25-3/26 Tu/Th	5 wk	6:30-7:15 p.m.	6212.102
2/29-3/28 Sa	5 wk	10-10:45 a.m.	6212.103
2/29-3/28 Sa	5 wk	11-11:45 a.m.	6212.104

4/6-5/6 M/W	5 wk	5-5:45 p.m.	6213.105
4/6-5/6 M/W	5 wk	6:30-7:15 p.m.	6213.106
4/7-5/7 Tu/Th	5 wk	5-5:45 p.m.	6213.101
4/7-5/7 Tu/Th	5 wk	6:30-7:15 p.m.	6213.102
4/11-5/9 Sa	5 wk	10-10:45 a.m.	6213.103
4/11-5/9 Sa	5 wk	11-11:45 a.m.	6213.104

LEVEL 3 - INDEPENDENT SWIM (AGE 3-5) EP

1/13-2/12 M/W	5 wk	5-5:25 p.m.	6301.105
1/13-2/12 M/W	5 wk	6-6:25 p.m.	6301.106
1/14-2/13 Tu/Th	5 wk	5-5:25 p.m.	6301.101
1/14-2/13 Tu/Th	5 wk	6-6:25 p.m.	6301.102
1/18-2/15 Sa	5 wk	10-10:25 a.m.	6301.103
1/18-2/15 Sa	5 wk	11:30-11:55 a.m.	6301.104

2/24-3/25 M/W	5 wk	5-5:25 p.m.	6302.105
2/24-3/25 M/W	5 wk	6-6:25 p.m.	6302.106
2/25-3/26 Tu/Th	5 wk	5-5:25 p.m.	6302.101
2/25-3/26 Tu/Th	5 wk	6-6:25 p.m.	6302.102
2/29-3/28 Sa	5 wk	10-10:25 a.m.	6302.103
2/29-3/28 Sa	5 wk	11:30-11:55 a.m.	6302.104

4/6-5/6 M/W	5 wk	5-5:25 p.m.	6303.105
4/6-5/6 M/W	5 wk	6-6:25 p.m.	6303.106
4/7-5/7 Tu/Th	5 wk	5-5:25 p.m.	6303.101

4/7-5/7 Tu/Th	5 wk	6-6:25 p.m.	6303.102
4/11-5/9 Sa	5 wk	10-10:25 a.m.	6303.103
4/11-5/9 Sa	5 wk	11:30-11:55 a.m.	6303.104

LEVEL 3 - INDEPENDENT SWIM (AGE 6-12) EP

1/13-2/12 M/W	5 wk	6-6:45 p.m.	6311.105
1/13-2/12 M/W	5 wk	6:30-7:15 p.m.	6311.106
1/14-2/13 Tu/Th	5 wk	6-6:45 p.m.	6311.101
1/14-2/13 Tu/Th	5 wk	6:30-7:15 p.m.	6311.102
1/18-2/15 Sa	5 wk	10:30-11:15 a.m.	6311.103
1/18-2/15 Sa	5 wk	11-11:45 a.m.	6311.104

2/24-3/25 M/W	5 wk	6-6:45 p.m.	6312.105
2/24-3/25 M/W	5 wk	6:30-7:15 p.m.	6312.106
2/25-3/26 Tu/Th	5 wk	6-6:45 p.m.	6312.101
2/25-3/26 Tu/Th	5 wk	6:30-7:15 p.m.	6312.102
2/29-3/28 Sa	5 wk	10:30-11:15 a.m.	6312.103
2/29-3/28 Sa	5 wk	11-11:45 a.m.	6312.104

4/6-5/6 M/W	5 wk	6-6:45 p.m.	6313.105
4/6-5/6 M/W	5 wk	6:30-7:15 p.m.	6313.106
4/7-5/7 Tu/Th	5 wk	6-6:45 p.m.	6313.101
4/7-5/7 Tu/Th	5 wk	6:30-7:15 p.m.	6313.102
4/11-5/9 Sa	5 wk	10:30-11:15 a.m.	6313.103
4/11-5/9 Sa	5 wk	11-11:45 a.m.	6313.104

LEVEL 4 - STROKE TECHNIQUES (AGE 6-12 ONLY) EP

1/13-2/12 M/W	5 wk	4:30-5:15 p.m.	6401.103
1/14-2/13 Tu/Th	5 wk	4:30-5:15 p.m.	6401.101
1/18-2/15 Sa	5 wk	9-9:45 a.m.	6401.102

2/24-3/25 M/W	5 wk	4:30-5:15 p.m.	6402.103
2/25-3/26 Tu/Th	5 wk	4:30-5:15 p.m.	6402.101
2/29-3/28 Sa	5 wk	9-9:45 a.m.	6402.102

4/6-5/6 M/W	5 wk	4:30-5:15 p.m.	6403.103
4/7-5/7 Tu/Th	5 wk	4:30-5:15 p.m.	6403.101
4/11-5/9 Sa	5 wk	9-9:45 a.m.	6403.102

LEVEL 5 - STROKE MECHANICS (AGE 6-12 ONLY) EP

1/13-2/12 M/W	5 wk	5:30-6:15 p.m.	6501.103
1/14-2/13 Tu/Th	5 wk	5:30-6:15 p.m.	6501.101
1/18-2/15 Sa	5 wk	10-10:45 a.m.	6501.102

2/24-3/25 M/W	5 wk	5:30-6:15 p.m.	6502.103
2/25-3/26 Tu/Th	5 wk	5:30-6:15 p.m.	6502.101
2/29-3/28 Sa	5 wk	10-10:45 a.m.	6502.102

4/6-5/6 M/W	5 wk	5:30-6:15 p.m.	6503.103
4/7-5/7 Tu/Th	5 wk	5:30-6:15 p.m.	6503.101
4/11-5/9 Sa	5 wk	10-10:45 a.m.	6503.102

LEVEL 6 - SWIM TEAM PREP (AGE 8-17) EP

1/13-2/12 M/W	5 wk	6:30-7:30 p.m.	6811.102
1/18-2/15 Sa	5 wk	11 a.m.-12 p.m.	6811.101

2/24-3/25 M/W	5 wk	6:30-7:30 p.m.	6812.102
2/29-3/28 Sa	5 wk	11 a.m.-12 p.m.	6812.101

4/6-5/6 M/W	5 wk	6:30-7:30 p.m.	6813.102
4/11-5/9 Sa	5 wk	11 a.m.-12 p.m.	6813.101

YOUNG ADULT (AGE 13-15) EP

1/14-2/13 Tu/Th	5 wk	6:30-7:15 p.m.	6611.101
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2/25-3/26 Tu/Th	5 wk	6:30-7:15 p.m.	6611.101
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4/7-5/7 Tu/Th	5 wk	6:30-7:15 p.m.	6613.101
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ADULT (AGE 16 AND UP) EP

1/18-2/15 Sa	5 wk	9-9:45 a.m.	6601.101
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2/29-3/28 Sa	5 wk	9-9:45 a.m.	6602.101
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4/11-5/9 Sa	5 wk	9-9:45 a.m.	6603.101
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WATER BABIES (AGE 6-17 MONTHS) EP

1/18-2/15 Sa	5 wk	9-9:25 a.m.	6001.101
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2/29-3/28 Sa	5 wk	9-9:25 a.m.	6002.101
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4/11-5/9 Sa	5 wk	9-9:25 a.m.	6003.101
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PARENT-TOT (AGE 18MO - 2YRS) EP

1/18-2/15 Sa	5 wk	9:30-9:55 a.m.	6001.102
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2/29-3/28 Sa	5 wk	9:30-9:55 a.m.	6002.102
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4/11-5/9 Sa	5 wk	9:30-9:55 a.m.	6003.102
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AQUAFIT SCHEDULE

Ages: 16 and older for all classes

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

POOL PARTIES

Book your next party at one of our facilities! Rentals include room, swimming passes, and other exciting options. See below for details.

- 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.
- Option B options are our decoration packages and include tablecloths, plates, cups, napkins, forks, a balloon bouquet, and a gift bag for each child in attendance.
- Fees do not include tax.

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.

Single Room

Option A
 Includes party host, 15 swimmers, 3 tables, seating for 12, and a max room capacity of 20 people.
 (R / \$115, NR / \$150)

Option B
 Includes party host, 15 swimmers, 3 tables, place settings for 12, decorations, and a max room capacity of 20 people.
 (R / \$140, NR / \$175)

Double Room

Option A: Includes party host, 30 swimmers, 6 tables, seating for 30, and a max room capacity of 40 people.
 (R / \$190, NR / \$260)

Option B: Includes party host, 15 swimmers, 6 tables, place settings for 30, decorations, and a max room capacity of 40 people.
 (R / \$230, NR / \$300)

EAGLE POINTE

Parties at EP may be scheduled from 1-3 p.m. Saturdays and Sundays only.

Option A

Includes party host, 15 swimmers, 6 tables, seating for 24, and a max room capacity of 30 people.
 (R / \$85, NR / \$120)

Option B

Includes party host, 15 swimmers, 6 tables, place settings for 24, decorations, and a max room capacity of 30 people.
 (R / \$120, NR / \$150)

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.

FITNESS

Group Fitness Classes

(Bison Ridge & Eagle Pointe)

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, cycling classes are limited to the first 13 riders, and TRX is limited to first 9 patrons. Silver Sneakers Classes do not require a Silver Sneakers membership to attend. The most up to date information about classes and their times can be found online at: www.c3gov.com/fitness

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

Dance 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.

SILVER SNEAKERS

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

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.

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.

All class schedules, titles, and descriptions can be found on c3gov.com/fitness

Personal Training Services

(Bison Ridge & Eagle Pointe)

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

FITNESS EQUIPMENT ORIENTATION

Free fitness orientations include a demonstration of the proper use of equipment, weight room etiquette and proper equipment safety. Call 303-286-6835 to schedule. **Ages 14 and older.**

FITNESS ASSESSMENTS

Measurements include BMI, blood pressure, body fat, strength, endurance, and flexibility. Consultation and analysis of results are included. For pricing and scheduling call 303-286-6835. **Ages 14 and older.**

PERSONAL TRAINING

Incorporates fitness assessments, goal setting, health education, and challenging workouts that are specially designed for your specific needs and goals. Your personal trainer instructs you on proper technique provides exercise options and motivates you to achieve your fitness goals. No matter your goals, we can help you achieve them! All trainers are nationally certified.

Sessions are available in:

3, 6, 10 one-hour sessions.

Fill out an intake packet at Bison Ridge or Eagle Pointe's front desk, after review, your trainer will contact you. Call 303-286-6835 or email ebelton@c3gov.com for more information.

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. For pricing and scheduling call 303-286-6835.

PRIVATE YOGA SESSIONS

Private yoga sessions are great for beginning or advanced yogis. Whether you've never been to a yoga class and want to learn what yoga is or you've been to a million yoga classes and want to perfect your handstand, a private yoga session can provide you with whatever your yoga needs may be. All instructors are certified yoga instructors and many are also personal training certified. For pricing and scheduling call 303-286-6835.

Patrons must be **14 years or age** or older to access the cardio space and use fitness equipment.



Fitness & Wellness Programming

STRENGTH AND CARDIO FITNESS PROGRAMS

WOMEN ON WEIGHTS

Are you bored with your current exercise program? Women on weights encompasses multiple formats utilizing dumbbells, barbells, bands, steps, and many more tools. This class is perfect for women who would like to learn the proper mechanics of weight training while focusing on muscular strength, core and endurance. It provides great instruction in a small group setting to help participants reach their fitness goals. **Ages 18 and older.**

1/11 - 2/15 Sa	9:30-10:30 a.m.	\$35/\$40	3151.101 BR
2/29 - 4/4 Sa	9:30-10:30 a.m.	\$35/\$40	3152.101 BR
1/11 - 2/1 Sa	10:15-11:15 a.m.	\$25/\$30	3101.101 EP
2/15 - 3/7 Sa	10:15-11:15 a.m.	\$25/\$30	3102.101 EP

MEN'S POWER HOUR

This class is an hour of challenging and intense weight lifting workouts geared toward men. Workouts may include hurdles, plyometrics, ladders, and medicine balls. Look to improve your strength, power, endurance, speed, and agility. Drop-ins available. **Ages 18 and older.**

1/11 - 2/15 Sa	8:15-9:15 a.m.	\$35/\$40	3181.101 BR
2/29 - 4/4 Sa	8:15-9:15 a.m.	\$35/\$40	3182.101 BR

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. **Ages 16 and older.**

1/7 - 2/27 Tu/Th	5:45-6:45 p.m.	\$100/\$110	3451.101BR
3/10 - 4/30 Tu/Th	5:45-6:45 p.m.	\$100/\$110	3452.101 BR

BUILD BOOT CAMP FOR FAMILIES!

A class for the whole family! 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! Children 11-16 must be accompanied by a parent to attend. Call 303-286-6835 for more information.

Ages 11 and older.

1/8 - 1/29 W	7:00-8:00 p.m.	\$25/\$30	3401.101 EP
3/4 - 3/25 W	7:00-8:00 p.m.	\$25/\$30	3402.101 EP



YOUTH STRENGTH AND CONDITIONING

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 and/or those preparing for the next sports season. **Ages 11 to 16.**

1/21 - 2/20 Tu/Th	5:15-6 p.m.	\$65/\$70	3261.101 BR
3/3 - 4/2 Tu/Th	5:15-6 p.m.	\$65/\$70	3262.101 BR

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.

Ages 50 and older.

Thursdays at Bison Ridge

1/9 - 1/30 Th	10:45-11:45 a.m.	\$25/\$30	3171.101 BR
2/13 - 3/5 Th	10:45-11:45 a.m.	\$25/\$30	3172.101 BR
3/19 - 4/9 Th	10:45-11:45 a.m.	\$25/\$30	3173.101 BR

Tuesdays at Eagle Pointe

1/21 - 2/11 Tu	10:45-11:45 a.m.	\$25/\$30	3121.101 EP
2/25 - 3/17 Tu	10:45-11:45 a.m.	\$25/\$30	3122.101 EP
3/31 - 4/21 Tu	10:45-11:45 a.m.	\$25/\$30	3123.101 EP

Strength and Cardio Fitness Programs

RESTORATIVE YOGA/ MEDITATION

Restorative Yoga & Meditation is an hour long class that will open your body, mind and soul through practicing stillness and gentle movements for extended periods of time. This class is open to all levels and would be beneficial for expecting mothers, people experiencing high stress, anxiety, are recovering from injuries and anything in between.

Ages 14 and older.

2/5 - 2/26 W	6:30-7:30 p.m.	\$40/\$45	3651.101 BR
3/4 - 3/25 W	6:30-7:30 p.m.	\$40/\$45	3652.101 BR
4/8 - 4/29 W	6:30-7:30 p.m.	\$40/\$45	3653.101 BR



TAI-CHI 1.0

This class helps Tai-Chi beginners learn the 24 Yang style forms. Stimulate the body and mind as you flow into forms with breath, balance, and focus. **Ages 14 and older.**

1/14 - 2/4 Tu	2:30-3:30 p.m.	\$25/\$30	3301.101 EP
2/3 - 2/24 M	2:00-3:00 p.m.	\$25/\$30	3051.101 BR

TAI-CHI 2.0

This program is intended for people who have completed Tai-Chi 1.0 or have permission from the instructor to attend and are looking for a continuation of the class. Tai-Chi 2.0 is a bit faster paced than Tai-Chi 1.0. **Ages 14 and older.**

2/18 - 3/10 Tu	2:30-3:30 p.m.	\$30/\$35	3311.101 EP
3/9 - 3/30 M	2:00-3:00 p.m.	\$30/\$35	3052.101 BR
4/6-4/27 M	2:00-3:00 p.m.	\$30/\$35	3053.101 BR

W.H.A.M.- WHOLE HEART ACTION PLAN

Ever wanted a life coach? Join us in W.H.A.M. to explore your strengths, likes, interests, and what you see as possible in regard to creating and self-managing a healthier lifestyle. Then we will help you identify the healthy habits you would like to add in your life. Once those are identified, we will work with you to create an action plan, using your strengths, to develop new healthy habits. **Ages 16 and older.**

1/8 - 2/5 W	6:00-7:30 p.m.	\$50/\$55	3951.101 BR
1/13 - 2/10 M	1:30-3:00 p.m.	\$50/\$55	3951.102 BR

W.H.A.M.- WHOLE HEART ACTION PLAN-TAUGHT IN SPANISH!

Participando en W.H.A.M. exploraremos con usted sus fortalezas, gustos, intereses y lo que crea que es posible hacer para crear un estilo de vida más saludable. De ahí le ayudaremos a identificar los hábitos sanos que le gustarían añadir a su vida y trabajaremos con usted para crear un plan de acción, usando sus fortalezas, para desarrollar estos hábitos saludables. **Mayores de 16 años.**

2/18 - 3/17 Tu	6:00-7:30 p.m.	FREE	3801.101 EP
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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

Massages by appointment only, must be scheduled in advance and paid for in advance to secure your appointment, massage availability varies weekly. Check-in at the front desk 15-minutes prior to your appointment. 24 hour cancellation policy will be enforced.

Call 303-286-6835, email ebelton@c3gov.com to check availability, or stop by the front desk for more information.



MARTIAL ARTS

TAEKWONDO

Develop self-discipline, endurance, coordination and self-confidence through the practice of taekwondo, zendokwon and kick boxing. Students are able to participate in local tournaments. Sessions are 6 weeks long. **Ages 8 and older or with instructor approval.** For questions, call 303-289-3762

Session 1

1/7 - 2/11 Tu	6:30-8:00 p.m.	\$32/\$37	3901.101 EP
1/7 - 2/13 Tu/Th	6:30-8:00 p.m.	\$60/\$65	3901.102 EP
1/9 - 2/13 Th	6:30-8:00 p.m.	\$32/\$37	3901.103 EP

Session 2

3/3 - 4/7 Tu	6:30-8:00 p.m.	\$32/\$37	3902.101 EP
3/5 - 4/9 Tu/Th	6:30-8:00 p.m.	\$60/\$65	3902.102 EP
3/5 - 4/9 Th	6:30-8:00 p.m.	\$32/\$37	3902.103 EP



NEW YEAR,

GET IN GEAR!



CITY OF COMMERCE CITY'S 2020 FITNESS CHALLENGE

This New Year's program will get your body, mind, and soul in gear to keep you on a healthy path that lasts past January! The program is three months long with weekly check-ins, educational seminars on nutrition, and group workouts. There are monthly weigh-ins, body measurements, and body composition tests to check body fat percentage. It also includes registration to a Saturday weight lifting program, registration to our life coach program, three personal training sessions and two massages with our massage therapist. Win prizes for meeting your monthly goals!

Register between 12/2 and 12/16 to save \$50 during the Early Bird Special!

Ages 16 and older.

1/6-3/30 M 6:00-7:30 p.m. \$350/\$370 3751.101 BR

This program includes the following:

- Weekly Group Workout
- Monthly Weigh-Ins, Measurements, and Body Composition Check-Ins
- Weekly Group Nutrition Seminars
- Monthly Goal Check-In to Win Prizes
- 4 Week Session of Women on Weights OR 4 Week Session of Men's Power Hour
- 5 Week WHAM Program
- 3 Personal Training Sessions
- 2 Massages (1 hour each)

Prizes may include:

- Reimbursement of entry fee into New Year's Challenge
- Free Massages
- Varying Gift Cards
- Build Boot Camp Registration
- Personal Training

Visit [c3gov.com/fitness](https://www.c3gov.com/fitness) to learn more and register or call **303-286-6835**



DANCE

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. Winter performance classes will end with a Spring recital May 17th 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

M 1/13-5/11	5:30-6 p.m.	1001.101 EP
by 1/6 \$60/\$70	on 1/7 \$70/\$80	

*No class 3/23.

Age 3

W 1/15-5/13	5:30-6 p.m.	1051.101 BR
by 1/6 \$60/\$70	on 1/7 \$70/\$80	

*No class 3/25.

PERFORMANCE

Age 4

Th 1/16-Recital	6:30-7 p.m.	1051.102 BR
by 1/6 \$70/\$80	on 1/7 \$80/\$90	

*No class 3/26.

Age 4

M 1/13-Recital	6-6:30 p.m.	1001.103 EP
by 1/6 \$70/\$80	on 1/7 \$80/\$90	

*No class 3/23.

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 required.

BEGINNING, AGES 5-6

M 1/13-Recital	6:30-7:15 p.m.	1101.101 EP
by 1/6 \$78/\$88	on 1/7 \$88/\$98	

*No class 3/23.

Th 1/16-Recital	7-7:45 p.m.	1151.101 BR
by 1/6 \$78/\$88	on 1/7 \$88/\$98	

*No class 3/26.

INTERMEDIATE, AGES 6-7, BY INSTRUCTOR INVITATION ONLY

M 1/13-Recital	7:15-8 p.m.	1121.102 EP
by 1/6 \$78/\$88	on 1/7 \$88/\$98	

*No class 3/23.

PERFORMANCE

JAZZ, AGES 7-8

Th 1/16-Recital	5:30-6:30 p.m.	1551.101 BR
by 1/6 \$81/\$91	on 1/7 \$91/\$101	

*No class 3/26.

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

W 1/15-Recital	6-7 p.m.	1451.101 BR
by 1/6 \$81/\$91	on 1/7 \$91/\$101	

No class 3/25.

W 1/15-Recital	6:30-7:30 p.m.	1411.101 EP
by 1/6 \$81/\$91	on 1/7 \$91/\$101	

*No class 3/25.

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

W 1/15-Recital	7-8 p.m.	1391.101 BR
by 1/6 \$81/\$91	on 1/7 \$91/\$101	

*No class 3/25.



GYMNASTICS

Beginning level classes focus on movement

Registration for parent-taught and pre-gymnastics starts December 2.

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

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

M 1/6-2/17 by 12/31 \$27/\$37	9:30-10:15 a.m. on 1/1 \$37/\$47	2101.105
M 1/6-2/17 by 12/31 \$27/\$37	11:30-12:15 p.m. on 1/1 \$37/\$47	2101.106
Th 1/7-2/18 by 12/31 \$27/\$37	9:30-10:15 a.m. on 1/1 \$37/\$47	2101.101
1/10-2/21 F by 12/31 \$27/\$37	9:30-10:15 a.m. on 1/1 \$37/\$47	2101.102
F 1/10-2/21 by 12/31 \$27/\$37	10:30-11:15 a.m. on 1/1 \$37/\$47	2101.103
Sa 1/11-2/22 by 12/31 \$27/\$37	9-9:45 a.m. on 1/1 \$37/\$47	2101.104
M 3/9-4/20 by 3/3 \$27/\$37	9:30-10:15 a.m. on 3/4 \$37/\$47	2102.105
M 3/9-4/20 by 3/3 \$27/\$37	11:30-12:15 p.m. on 3/4 \$37/\$47	2102.106
Th 3/10-4/21 by 3/3 \$27/\$37	9:30-10:15 a.m. on 3/4 \$37/\$47	2102.101
F 3/13-4/24 by 3/3 \$27/\$37	9:30-10:15 a.m. on 3/4 \$37/\$47	2102.102
F 3/13-4/24 by 3/3 \$27/\$37	10:30-11:15 a.m. on 3/4 \$37/\$47	2102.103
Sa 3/14-4/25 by 3/3 \$27/\$37	9-9:45 a.m. on 3/4 \$37/\$47	2102.104

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

W 1/15-Recital 5:30-6:30 p.m. 1201.101 EP
by 1/6 \$81/\$91 on 1/7 \$91/\$101

*No class 3/25.

Th 1/14-Recital 5:30-6:30 p.m. 1251.101 BR
by 1/6 \$81/\$91 on 1/7 \$91/\$101

*No class 3/24.

Intermediate Level, ages 11-16

Th 1/14-Recital 6:30-7:30 p.m. 1261.101 BR
by 1/6 \$81/\$91 on 1/7 \$91/\$101

*No class 3/24.

ADVANCED LEVEL, BY INSTRUCTOR INVITATION ONLY

Th 1/14-Recital 7:30-8:30 p.m. 1291.101 BR
by 1/6 \$81/\$91 on 1/7 \$91/\$101

*No class 3/24.

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.

M 1/13-5/11 6:30-7 p.m. 1651.101 BR
by 1/6 \$60/\$70 on 1/7 \$70/\$80

*No class 3/23.

PERFORMANCE

BALLET BASICS, AGES 4

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

M 1/13-Recital 7-7:30 p.m. 1651.102 BR
by 1/6 \$70/\$80 on 1/7 \$80/\$90

*No class 3/23.

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.

M 1/13-Recital 7:30-8:15 p.m. 1661.101 BR
by 1/6 \$78/\$88 on 1/7 \$88/\$98

*No class 3/23.

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

M 1/6-2/17 by 12/31 \$27/\$37	10:30-11:15 a.m. on 1/1 \$37/\$47	2201.106
M 1/6-2/17 by 12/31 \$27/\$37	12:30-1:15 p.m. on 1/1 \$37/\$47	2201.107
Th 1/7-2/18 by 12/31 \$27/\$37	10:30-11:15 a.m. on 1/1 \$37/\$47	2201.101
Th 1/7-2/18 by 12/31 \$27/\$37	11:30-12:15 a.m. on 1/1 \$37/\$47	2201.102
F 1/10-2/21 by 12/31 \$27/\$37	11:30-12:15 a.m. on 1/1 \$37/\$47	2201.103
Sa 1/11-2/22 by 12/31 \$27/\$37	10-10:45 a.m. on 1/1 \$37/\$47	2201.104
Sa 1/11-2/22 by 12/31 \$27/\$37	11-11:45 a.m. on 1/1 \$37/\$47	2201.105
M 3/9-4/20 by 3/3 \$27/\$37	10:30-11:15 a.m. on 3/4 \$37/\$47	2202.106
M 3/9-4/20 by 3/3 \$27/\$37	12:30-1:15 p.m. on 3/4 \$37/\$47	2202.107
Tu 3/10-4/21 by 3/3 \$27/\$37	10:30-11:15 a.m. on 3/4 \$37/\$47	2202.101
Tu 3/10-4/21 by 3/3 \$27/\$37	11:30-12:15 a.m. on 3/4 \$37/\$47	2202.102
F 3/13-4/24 by 3/3 \$27/\$37	11:30-12:15 a.m. on 3/4 \$37/\$47	2202.103
Sa 3/14-4/25 by 3/3 \$27/\$37	10-10:45 a.m. on 3/4 \$37/\$47	2202.104
Sa 3/14-4/25 by 3/3 \$27/\$37	11-11:45 a.m. on 3/4 \$37/\$47	2202.105



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

M 1/6-2/17 by 12/31 \$32/\$42	4:30-5:30 p.m. on 1/1 \$42/\$52	2301.101
M 1/6-2/17 by 12/31 \$32/\$43	5:30-6:30 p.m. on 1/1 \$42/\$52	2301.102
M 1/6-2/17 by 12/31 \$32/\$42	7:30-8:30 p.m. on 1/1 \$42/\$52	2301.107
M 1/6-2/17 by 12/31 \$32/\$42	7:30-8:30 p.m. on 1/1 \$42/\$52	2301.108
W 1/8-2/19 by 12/31 \$32/\$42	1-2 p.m. on 1/1 \$42/\$52	2301.110
W 1/8-2/19 by 12/31 \$32/\$42	4:30-5:30 p.m. on 1/1 \$42/\$52	2301.103
W 1/8-2/19 by 12/31 \$32/\$42	6:30-7:30 p.m. on 1/1 \$42/\$52	2301.104
W 1/8-2/19 by 12/31 \$32/\$42	7:30-8:30 p.m. on 1/1 \$42/\$52	2301.105
W 1/8-2/19 by 12/31 \$32/\$42	7:30-8:30 p.m. on 1/1 \$42/\$52	2301.109
Sa 1/11-2/22 by 12/31 \$32/\$42	Noon-1 p.m. on 1/1 \$42/\$52	2301.106
M 3/9-4/20 by 3/3 \$32/\$42	4:30-5:30 p.m. on 3/4 \$42/\$52	2302.101
M 3/9-4/20 by 3/3 \$32/\$42	5:30-6:30 p.m. on 3/4 \$42/\$52	2302.102
M 3/9-4/20 by 3/3 \$32/\$42	7:30-8:30 p.m. on 3/4 \$42/\$52	2302.107
M 3/9-4/20 by 3/3 \$32/\$42	7:30-8:30 p.m. on 3/4 \$42/\$52	2302.108
W 3/11-4/22 by 3/3 \$32/\$42	1-2 p.m. on 3/4 \$42/\$52	2302.110
W 3/11-4/22 by 3/3 \$32/\$42	4:30-5:30 p.m. on 3/4 \$42/\$52	2302.103
W 3/11-4/22 by 3/3 \$32/\$42	6:30-7:30 p.m. on 3/4 \$42/\$52	2302.104
W 3/11-4/22 by 3/3 \$32/\$42	7:30-8:30 p.m. on 3/4 \$42/\$52	2302.105
W 3/11-4/22 by 3/3 \$32/\$42	7:30-8:30 p.m. on 3/4 \$42/\$52	2302.109
Sa 3/14-4/25 by 3/3 \$32/\$42	Noon-1 p.m. on 3/4 \$42/\$52	2302.106

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

M 1/6-2/17 by 12/31 \$32/\$42	4:30-5:30 p.m. on 1/1 \$42/\$52	2311.101
M 1/6-2/17 by 12/31 \$32/\$42	6:30-7:30 p.m. on 1/1 \$42/\$52	2311.102
W 1/8-2/19 by 12/31 \$32/\$42	5:30-6:30 p.m. on 1/1 \$42/\$52	2311.103
F 1/10-2/21 by 12/31 \$32/\$42	4:30-5:30 p.m. on 1/1 \$42/\$52	2311.105
Sa 1/11-2/22 by 12/31 \$32/\$42	Noon-1 p.m. on 1/1 \$42/\$52	2311.104
M 3/9-4/20 by 3/3 \$32/\$42	4:30-5:30 p.m. on 3/4 \$42/\$52	2312.101
M 3/9-4/20 by 3/3 \$32/\$42	6:30-7:30 p.m. on 3/4 \$42/\$52	2312.102
W 3/11-4/22 by 3/3 \$32/\$42	5:30-6:30 p.m. on 3/4 \$42/\$52	2312.103
F 3/13-4/24 by 3/3 \$32/\$42	4:30-5:30 p.m. on 3/4 \$42/\$52	2312.105
Sa 3/14-4/25 by 3/3 \$32/\$42	Noon-1 p.m. on 3/4 \$42/\$52	2312.104

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

M 1/6-2/17 by 12/31 \$35/\$45	6-7:30 p.m. on 1/1 \$45/\$55	2321.101
W 1/8-2/19 by 12/31 \$35/\$45	6-7:30 p.m. on 1/1 \$45/\$55	2321.102
Sa 1/11-2/22 by 12/31 \$35/\$45	2:30-4 p.m. on 1/1 \$45/\$55	2321.103
M 3/9-4/20 by 3/3 \$35/\$45	6-7:30 p.m. on 3/4 \$45/\$55	2322.101
W 3/11-4/22 by 3/3 \$35/\$45	6-7:30 p.m. on 3/4 \$45/\$55	2322.102
Sa 3/14-4/25 by 3/3 \$35/\$45	2:30-4 p.m. on 3/4 \$45/\$55	2322.103

CARA teams offer chance to compete in gymnastics

Registration for all CARA team level programs start December 2. 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

Tu 1/7-1/28 by 1/1 \$40/\$50	5:30-7:30 p.m. on 1/2 \$50/\$60	2441.101	4 wks
Th 1/9-1/30 by 1/1 \$40/\$50	5:30-7:30 p.m. on 1/2 \$50/\$60	2441.102	4 wks
Tu 2/4-2/25 by 1/29 \$40/\$50	5:30-7:30 p.m. on 1/30 \$50/\$60	2442.101	4 wks
Th 2/6-2/27 by 1/29 \$40/\$50	5:30-7:30 p.m. on 1/30 \$50/\$60	2442.102	4 wks
Tu 3/3-3/31 by 2/26 \$50/\$60	5:30-7:30 p.m. on 2/27 \$60/\$70	2443.101	5 wks
Th 3/5-3/26 by 2/26 \$40/\$50	5:30-7:30 p.m. on 2/27 \$50/\$60	2443.102	4 wks
Tu 4/7-4/28 by 4/1 \$40/\$50	5:30-7:30 p.m. on 4/2 \$50/\$60	2444.101	4 wks
Th 4/2-4/30 by 3/27 \$50/\$60	5:30-7:30 p.m. on 3/28 \$60/\$70	2444.102	5 wks

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

Tu/Th 1/7-1/30 by 1/1 \$90/\$100	5:30-7:30 p.m. on 1/2 \$100/\$110	2401.101	4 wks
Tu/Th 2/4-2/27 by 1/29 \$90/\$100	5:30-7:30 p.m. on 1/30 \$100/\$110	2402.101	4 wks
Tu/Th 3/3-3/31 by 2/26 \$101/\$111	5:30-7:30 p.m. on 2/27 \$111/\$121	2403.101	4.5 wks
Tu/Th 4/2-4/30 by 3/27 \$101/\$111	5:30-7:30 p.m. on 3/28 \$111/\$121	2404.101	4.5 wks

CARA GIRLS GYMNASSTICS 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

Tu/Th 1/7-1/30 by 1/1 \$90/\$100	7:15-9:15 p.m. on 1/2 \$100/\$110	2411.101 4 wks
Tu/Th 2/4-2/27 by 1/29 \$90/\$100	7:15-9:15 p.m. on 1/30 \$100/\$110	2412.101 4 wks
Tu/Th 3/3-3/31 by 2/26 \$101/\$111	7:15-9:15 p.m. on 2/27 \$111/\$121	2413.101 4.5 wks
Tu/Th 4/2-4/30 by 3/27 \$101/\$111	7:15-9:15 p.m. on 3/28 \$111/\$121	2414.101 4.5 wks

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. \$10 drop in fee each time you attend.
Receipt must be presented to gymnastics supervising staff.

Optionals

Friday's 7:15-9:15 p.m. \$10 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

Sa 1/11-2/22 by 12/31 \$35/\$45	2:30-4:00 p.m. on 1/1 \$45/\$55	2351.101
Sa 3/14-4/25 by 3/3 \$35/\$45	2:30-4:00 p.m. on 3/4 \$45/\$55	2352.101

BOYS ADVANCED

This class continues the development of skills to form more advanced combinations preparing boys for competitive gymnastics. Boys receive instruction in tumbling and all male gymnastic apparatus.

Ages 6-17

Tu/Th 1/7-2/20 by 12/31 \$40/\$50	4:30-5:30 p.m. on 1/1 \$50/\$60	2361.101
Tu/Th 3/10-4/23 by 3/3 \$40/\$50	4:30-5:30 p.m. on 3/4 \$50/\$60	2362.101

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.

Fridays 1-2:30 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



COMMERCE CITY YOUTH SPORTS

**DEVELOP TEAMWORK
LEARN SPORTSMANSHIP
BUILD FRIENDSHIPS AND GET ACTIVE!**

Youth Basketball

JUNIOR NUGGETS

Hoop it up with Commerce City and the Denver Nuggets in 2020! All participants will receive a Denver Nuggets jersey and two free tickets to see a Denver Nuggets game at the Pepsi Center.

DIVISION I (COED CLINIC) KINDERGARTEN

Introduce children to the basic skills of basketball with this beginner program. Participants focus on dribbling, passing, shooting and defensive fundamentals during this weekly clinic. There are no scheduled league games for this program; it is primarily an instructional program.

Registration Deadline: 12/29	5001.101
Start Date: Week of 1/22	
Early Bird: 12/22 \$45/\$55	
After: 12/22 \$55/\$65	

DIVISION II (COED LEAGUE PLAY) GRADES 1-2

Increase skills and ability on the court through instruction and league play. Develop the fundamentals of dribbling, passing and shooting. Participants meet once a week for practice (day/time determined by coach) and games are Saturday mornings at the Bison Ridge Recreation Center.

Registration Deadline: 12/29	5001.102
Start Date: Week of 1/13	
Early Bird: 12/22 \$60/\$70	
After: 12/22 \$70/\$80	

DIVISION III – GRADES 3-4

5001.103 (Boys) and 5001.104 (Girls)

DIVISION IV – GRADES 5-6

5001.105 (Boys) and 5001.106 (Girls)

(Separate Boys and Girls Leagues)

Enhance basketball skills through practice and games in this exciting, challenging and fast-paced program. Players focus on improving the fundamentals of dribbling, passing and shooting while learning the different strategies of playing defense and running offensive plays. Teams meet twice a week in the evening for practice (day/time determined by coach). Games are played on Saturday mornings at the Bison Ridge Recreation Center.

Registration Deadline: 12/29
Start Date: Week of 1/13
Early Bird: 12/22 \$70/\$80
After: 12/22 \$80/\$90

DENVER NUGGETS SKILLS CHALLENGE

Boys and girls showcase their basketball skills and talents in dribbling, passing, and shooting in this FREE competition. The top scorers from each age group advance to a sectional competition and the top sectional scorers advance to the state championship. With the chance to be recognized at a Nuggets game after that. For information, email Nic Jones at njones@c3gov.com

Ages 6-13 (as of April 30).

Registration begins 30 minutes prior to each age groups' start time and ends at start time.

1/31 F Bison Ridge Recreation Center
6-9 year olds: 5:30 p.m. registration, 6 p.m. start time
10-13 year olds: 7:00 p.m. registration, 7:30 p.m. start time

BASKETBALL “WARM UP” CAMPS

Get ready for the 2020 basketball season! Practice your Shooting, dribbling, passing, and more during this two-day mini-camp. Camp will be structured as a supervised, drop in, lightly instructed learn and play opportunity for youth ages 8-13. All participants receive a basketball. We will offer two separate camp opportunities located at the Bison Ridge Recreation Center and the Eagle Pointe Recreation Center.

Registration Deadline: 12/16	
Cost: \$35	
12/30-12/31 Bison Ridge	5401.101
8-10 year olds 8:30 a.m. to 10:00 a.m. each day	
11-13 year olds: 10:30 a.m. to noon each day	
1/2-1/3 Eagle Pointe	5401.102
8-10 year olds 8:30 a.m. to 10:00 a.m. each day	
11-13 year olds: 10:30 a.m. to noon each day	

Additional information can be found on teamsideline.com/commercecitiy



SPRING SPORTS

Youth Volleyball

VOLLEYBALL FUNDAMENTALS CAMP - BR

Develop the fundamentals of volleyball during this mini-camp. Camp will be for youth ages 9-13. All participants will receive a camp gift. Camp is located at the Bison Ridge Recreation Center.

Registration Deadline: 12/16 \$30/\$40 5401.103

Camp Date: 12/30 6-8 p.m. Bison Ridge

VOLLEYBALL FUNDAMENTALS CAMP - EP

Develop the fundamentals of volleyball during this mini-camp. Camp will be for youth ages 9-13. All participants will receive a camp gift. Camp is located at the Eagle Pointe Recreation Center.

Registration Deadline: 12/16 \$30/\$40

Camp Date: 1/3 6-8 p.m. Eagle Pointe

YOUTH VOLLEYBALL – GRADES 2-6

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.

Registration Deadline: 3/9 5101.101

By 3/2 \$55/\$65

After 3/2 \$65/\$75

Start Date: Week of 3/16

YOUTH VOLLEYBALL – GRADES 7-8

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.

Registration Deadline: 3/9 5101.102

By 3/2 \$60/\$70

After 3/2 \$70/\$80

Start Date: Week of 3/16

Youth Soccer

SOCCER COED DIVISION I: KINDERGARTEN-GRADE 1

This fun, beginner program introduces the basic skills and fundamentals of soccer, including dribbling, passing and shooting. This program meets once a week for practice (days and times determined by coach) and games are played on Saturday mornings at Dick's Sporting Goods Park.

Registration Deadline: 2/24 5201.101

By 2/17 \$50/\$60

After 2/17 \$60/\$70

Start Date: Week of 3/9

SOCCER COED DIVISION II: GRADES 2-3

Participants learn dribbling, passing, trapping and shooting in a fun game setting. This program meets twice a week for practice (days and times determined by coach) and games are played on Saturday mornings at Dick's Sporting Goods Park.

Registration Deadline: 2/24 5201.102

By 2/17 \$55/\$66

After 2/17 \$65/\$76

Start Date: 3/9

SOCCER COED DIVISION III: GRADES 4-5

This exciting and challenging program further develops the basic fundamentals of soccer skills, along with promoting teamwork and good sportsmanship. Goalkeepers are added to games and knowledge of playing offense and defense is developed. Teams meet twice a week for practice (days and times determined by coach) and games are played on Saturday mornings at Dick's Sporting Goods Park.

Registration Deadline: 2/24 5201.103

By 2/17 \$60/\$72

After 2/17 \$70/\$82

Start Date: Week of 3/9

Find additional league information including schedules and directions at Teamsideline.com/commerceciv.

Registration Information

The parks and recreation department forms teams based on school boundaries; parents please be sure to register your child for the school he or she attends or that is in your neighborhood. Proof of address or enrollment 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 received after teams are filled will be put on a waitlist. If enough players sign up before the registration deadline, we will do our best to form a new team from this list. 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 njones@c3gov.com.

SPORTS – YOUTH REGISTRATION

Bison Ridge 303-286-6801

Eagle Pointe 303-289-3789

C3gov.com/register

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. Refund Policy: A refund for the program may be permitted before and after a program starts, however, incurred fees such as jersey costs, prorated fees, and administrative fees will be calculated into the refunded rate.

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.



Officials, We Need You!

Commerce City is now looking for referees for the winter basketball season. Games are Saturday mornings at the Bison Ridge Recreation Center. A free clinic will be held prior to the season. Please call Nic Jones for more information at 303-289-3705.

Weather Hotline

303-289-3757 or visit teamsideline.com/commercecity



LOCAL YOUTH SPORTS PROVIDERS

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).

GIRLS SOFTBALL (SPRING)

Ages 5-18

Registration: Feb.-Mar.

Season: Apr.-June

Director: Roger Comer, 303-210-5676 or email rogercomer33@gmail.com

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

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: Tim Lucero at 970-381-5020 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.

President: Courtney Vance 720-616-9757 or email through the website www.thunderhawkfootball.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

BISON LACROSSE CLUB (SPRING/SUMMER/FALL)

We offer youth lacrosse for all levels of experience in the 1st-12th grades. 1st-8th graders participate in the Colorado Youth Lacrosse Association (CYLA). 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 email at info@bisonlaxclub.com or by phone at 720-445-6190. Email 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



ADULT SPORTS

Adult Sports

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 Eagle Pointe Recreation Center. Call 303-289-3706 for more information. **Ages 16 and older.**

Sports League	Info Available	Begins	Ends
Winter Basketball	December	January	March
Winter Volleyball	December	January	March
Summer Softball	March	May	July
Fall Softball	July	August	October
Fall Futsal	July	August	October

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.

WINTER BASKETBALL LEAGUE AT BISON RIDGE-MEN

Men's Adult Basketball League

Wednesday nights - 6:00 p.m.-9:30 p.m.

Deadline to Register January 3

League Begins January 8

10-game season. Prices \$530/\$550

League Meeting December 18 at 6 p.m. at Bison Ridge
 First six teams to register have a spot in the league.
 Call 303 289-3706 for more information.

WINTER VOLLEYBALL LEAGUE AT BISON RIDGE-COED

Coed Adult Volleyball League

Monday nights - 6:00 p.m.-9:30 p.m.

Deadline to Register January 3

League Begins January 6

10-game season. Prices \$250/\$275.

League Meeting December 16 6 p.m. at Bison Ridge
 First six teams to register have a spot in the league.
 Call 303 289-3706 for more information.

SUMMER SOFTBALL LEAGUE - COED

Get a team of five men and five women together for adult coed softball league beginning in April. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Wednesday, April 15, at 5:30 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

Wednesday Coed League Begins May 6

\$530/\$550 (10 Games)

SUMMER SOFTBALL LEAGUE - MEN'S

Join the fun of adult men's evening softball beginning in April. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Thursday, April 16, at 5:30 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

Tuesday E-Rec League Begins May 5

Thursday Industrial League Begins May 7

\$550/\$530 (10 Games)



DROP-IN PICKLEBALL AT BISON RIDGE

Tuesdays 8:30 a.m.-12 p.m.

Thursdays 8:30 a.m.-12 p.m.

Sundays 8:30 a.m.-12 p.m.

DROP-IN VOLLEYBALL

Bison Ridge – Gym #3

Beginning Dec. 2

Mondays 7:30 p.m. to 9:00 p.m.

Sundays 12:30 p.m. to 5:30 p.m.

Eagle Pointe – Gym #3

Fridays 7 p.m. to 9:30 p.m.

LUNCH TIME DROP-IN BASKETBALL

Stop by during your lunch hour and help get some friendly pick-up basketball games going. Shoot some hoops and have fun at both our recreation centers.

Eagle Pointe

Wednesday Noon-2 p.m.

Bison Ridge

Fridays Noon-2 p.m.

PRIVATE RACQUETBALL LESSONS

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

1 lesson \$27/\$30

3 lessons \$60/\$64

Batting cages – Reopen April 4th

The Batting Cages at Pioneer Park, 5902 Holly St., open for the 2020 season on Saturday, April 4. Batting cages are open weather permitting (minimum 45 degrees and dry conditions). For information on the batting cages, please call 303-289-3706 or visit c3gov.com/recreation.

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.



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.

Pioneer Park, 5902 Holly St.

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

Fairfax Park, 6850 Fairfax St.

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

Municipal Services Center, 8602 Rosemary St.

Two multipurpose football/soccer fields (Game fields).

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)

Villages East Park, 11698 Chambers Rd.

One multipurpose baseball/softball field (Practice field).



FAMILY

FAMILY GAME NIGHT

Break out the board games, card games, and Minute to Win It games! Come ready to prove who the best is during a night of fun games.

Ages 7 and up with an adult

12/13 F 6-8 p.m. \$7/\$11/person 7001.306 EP

COOKING MATTERS WITH THE FAMILY

Shopping and cooking healthy meals on a budget can be tricky. Come prepared to roll up your sleeves and cook a meal together. Groceries, recipes and cooking tools provided to families so you can duplicate the meal at home.

Ages 6-12 with an adult. One Adult per child is required.

02/06-03/19 Th 5-7 p.m. Free 7001.103 EP

DADDY DAUGHTER DANCE - THE ROARING 20'S

Be part of the annual Daddy Daughter Dance! Join your special girl for a magical evening of dancing, games, and prizes! Girls and their special male grown up are all welcome. Must register both adult and child and space is limited so register early.

Girls ages 4 – 17 with adult male role model

2/7 F 6-9 p.m. \$12/\$15/person 7051.101 BR

(fees increase to \$16/\$19 per person after 1/31)

FAMILY COOKING

A fun and engaging way to get the whole family involved in dinner time!

Ages 6-12 with an adult

2/18-3/10 Tu 5:30-7:30 p.m. \$40/\$60/person 7051.102 BR

FAMILY TECH

Come and join us as we explore new and simple avenues to develop an interest in coding.

Ages 6-10 with an adult

2/19 W 5:30-7 p.m. \$4/\$6/person 7051.103 BR

MASQUERADE BALL

Come ready to mix and mingle, and dance the night away! Commerce City is having a magical masquerade ball! Bring the entire family to enjoy an evening of refreshments, music, and dancing at Bison Ridge Recreation Center. Bring your own mask or design a mask provided at the event.

3/20 F 6 p.m.-8 p.m. \$10/\$12 4651.106 BR

EASTER TEA PARTY

Put on your spring finest and attend a special Easter Tea hosted by Commerce City Active Adult staff! Sample finger sandwiches, salad, and sweet treats while you sip a variety of teas. We will play games, tell stories and have fun with friends and family. Bring your children, your grandparents, your nieces, nephews, and friends because EVERYONE is welcome to participate in this fun event! Transportation will be provided from Eagle Pointe to Bison Ridge, please call 303-289-3720 to reserve your seat!

4/11 Sa 11 a.m. - 1 p.m. \$12/\$13 4651.105 BR

FAMILY PAINTING

Discover your artistic side together with an evening of painting and fun with the family.

Ages 6 and up with an adult

3/13 F 5:30-8 p.m. \$14/\$18/person 7001.104 EP

5/8 F 5:30-8 p.m. \$14/\$18/person 7001.105 EP

FAMILY TRIVIA NIGHT

A night of fun to see who seizes the crown as families test their knowledge of pop culture!

Ages 6 and up with an adult

3/27 F 5:30-7:30 p.m. \$6/\$10/person 7051.105 BR

BINGO FAMILY FUN NIGHT

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 2/20 so food and materials can be prepared.

Ages 6 and up with adult

2/21 F 6-8 p.m. \$12/\$15 person 4651.103 BR

EASTER EGG DYEING

Looking for an egg-cellent way to start off your Easter holiday? Grab a friend, grandchild, or just yourself and come decorate eggs! Learn fun techniques and easy ways to make your eggs stand out. Hard-boiled eggs and dyeing supplies will be provided! All ages welcome!

4/10 F 6 p.m.-7:30 p.m. \$5/\$6 4651.104 BR

BUILD BOOT CAMP FOR FAMILIES!

A class for the whole family! 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! Children must be accompanied by a parent to attend. Call 303-286-6835 for more information.

Ages 11 and up with an adult

1/8 - 1/29 W	7:00-8:00 p.m.	\$25/\$30	3401.101 EP
3/4 - 3/25 W	7:00-8:00 p.m.	\$25/\$30	3402.101 EP

ANYTHINK LIBRARY BOOK MOBILE

Discover something new-even when you're on the go! The Anythink bookmobile has a 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.

All ages

Th	11 a.m.-noon	Free	EP
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PRESCHOOL AGE PROGRAMS

DISCOVERY KIDS AGES 3 – 5

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

Eagle Pointe

Tu, W, Th	2:00-4:00 p.m.	\$30/\$40
1/7 – 1/9	Let's Make Some Noise	7101.101
1/14 – 1/16	Hello 2020	7102.101
1/21 – 1/23	Castles, Kings, & Queens	7103.101
1/28 – 1/30	Snuggle Up With A Book	7104.101
2/4 – 2/6	Winter Hibernation	7201.101
2/11 – 2/13	All Hearts	7202.101
2/18 – 2/20	Our Presidents	7203.101
2/25 – 2/27	Fairy Tales	7204.101
3/3 – 3/5	Dr. Seuss Week	7301.101
3/10 – 3/12	Windy Weather	7302.101
3/17 – 3/19	Spring Has Sprung	7303.101
3/31 – 4/2	5 Senses	7304.101
4/7 – 4/9	Baby Animals	7401.101
4/14 – 4/16	Egg Extravaganza	7402.101
4/21 – 4/23	Butterflies & Caterpillars	7403.101
4/28 – 4/30	Our Earth	7404.101
5/5 – 5/7	Mother Goose & Friends	7501.101
5/12 – 5/14	Down on the Farm	7502.101
5/19 – 5/21	Dog Days	7503.101



Bison Ridge

Tu, W, Th	2:00 p.m. – 4:00 p.m.	\$30/\$40
1/7 – 1/9	Cowboy Joe	7151.101
1/14 – 1/16	Ice Melts	7251.102
1/21 – 1/23	Winter Animals	7151.103
1/28 – 1/30	Mittens	7151.104
2/4 – 2/6	Ground Hog Day	7152.101
2/11 – 2/13	Valentine’s Galore	7152.102
2/18 – 2/20	Crazy Palooza	7152.103
2/25 – 2/27	Cloulette	7152.104
3/3 – 3/5	Dr. Seuss’s Birthday	7153.101
3/10 – 3/12	Me and My Family	7153.102
3/17 – 3/19	Pot of Gold	7153.103
3/31 – 4/2	Spring Has Sprung	7153.104
4/7 – 4/9	Here Comes Peter Rabbit	7154.101
4/14 – 4/16	Around the World	7154.102
4/21 – 4/23	Earth Day	7154.103
4/28 – 4/30	It’s Raining Cats and Dogs	7154.104
5/5 – 5/7	Cinco de Mayo/Mothers Day	7155.101
5/12 – 5/14	Jurassic Park	7155.102
5/19 – 5/21	Ice Cream Extravaganza	7155.103

JUMPBUNCH SPORTS AND FITNESS FOR KIDS

Parent/Tot

Ages 1.5-3.5 with an adult (price is per child)

Th	10-10:30 a.m.	BR
1/9-1/30	\$40/\$50	7551.101
2/6-2/27	\$40/\$50	7552.101
3/5-3/26	\$40/\$50	7553.101
4/2-4/30	\$50/\$60	7554.101
5/7-5/28	\$40/\$50	7555.101

Ages 3.5-6

Th	9:15-10 a.m.	BR
1/9-1/30	\$44/\$55	7561.101
2/6-2/27	\$44/\$55	7562.101
3/5-3/26	\$44/\$55	7563.101
4/2-4/30	\$55/\$66	7564.101
5/7-5/28	\$44/\$55	7565.101

YOUTH (AGES 6-10)

COOL COOKING

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

Ages 6-10

12/2-12/16 M	9-11 a.m.	\$30/\$40	7664.301 BR
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KIDZ ONLY

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! Parents can drop off the kids and have a date night!

Ages 6-10

1/3 F	6-8:30 p.m.	\$10/\$12	7651.101 BR
1/10 F	6-8:30 p.m.	\$10/\$12	7601.101 EP
2/14 F	6-9:30 p.m.	\$18/\$23	7602.101 BR
3/6 F	6-8:30 p.m.	\$10/\$12	7653.101 BR
4/3 F	6-8:30 p.m.	\$10/\$12	7654.101 BR
4/10 F	6-8:30 p.m.	\$10/\$12	7604.101 EP
5/1 F	6-8:30 p.m.	\$10/\$12	7655.101 BR

CLAY CREATIONS

Create wonderful works of art with clay, paint, and other mediums to discover our creative side with instructors from Downtown Aurora Visual Arts.

Ages 6-10

2/1-2/22 Sa	12-2 p.m.	\$33/\$45	7611.101 EP
3/2-3/16 M	11:30am-1:30 p.m.	\$27/\$37	7661.101 BR

CODE WITH BOTS

Take fun into overtime while learning STEM skills. With Spheros and Ozobots coding is a fun and engaging gateway into teaching coding.

Ages 6-10

2/3-2/24 M	5:30-7 p.m.	\$30/\$40	7662.101 BR
4/4-4/25 Sa	12-2 p.m.	\$30/\$40	7612.101 EP

JURASSIC BRICK LAND

Enter the world of dinosaurs, combining a love for the prehistoric creatures with a love for LEGO. Motorized dinosaur builds, games and activities are all structured around these special reptiles! Classes led by Bricks 4 Kidz.

Ages 6-10

3/11-3/18 W	5:30-7 p.m.	\$35/\$45	7664.101 BR
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WILDLIFE WONDERS

Dive into the wonder that is Colorado as we explore the outdoors and discover the wildlife that makes up Colorado.

Ages 8-10

5/9-5/23 Sa	12-2 p.m.	\$30/\$40	7614.101 EP
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Talent and Music

NIGHT OF THE STARS: GRADES K-12

Ages 3 and up

Calling all singers, dancers, musicians, actors, magicians, and performers to compete in the Night of the Stars Talent Show. Winners from the local competition move on to compete against other cities at the state level. Entry fee covers the audition only and does not guarantee you a spot in the local show. Rules can be found online at www.c3gov.com/recreation. Participants must be able to commit to all dates.

Auditions

2/11 Tu	5:30 p.m.	\$6/person	
Brighton Recreation Center			
2/12 W	5:30 p.m. - 6 p.m.	\$6/person	7665.101 BR

Local Rehearsal

2/26 W	5:30 p.m.		
Armory Performing Arts Center, 300 Strong Street			

Local Show

2/27 Tu	5:30 p.m.	\$6	
Armory Performing Arts Center 300 Strong Street			

NIGHT OF THE STARS STATE TALENT SHOW

The first place winners from the local show move on to compete in the statewide talent show. Come out and support local winners! Purchase tickets online at www.cpra-web.org.

3/8 Su	Ticket	TBD	Location: TBD
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YOUTH GUITAR

Guitar Heroes Level 1

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. Each session is six weeks.

Ages: 8-15

1/11 - 2/15 Sa	10:15-11 a.m.	\$40/\$45	8211.101 EP
3/7-4/11 Sa	10:15-11 a.m.	\$40/\$45	8212.101 EP

Guitar Heroes Level 2

This class expands on the basics learned in Level 1, but allows the teacher to teach 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. Each session is six weeks.

Ages 8-15

1/11-2/15 Sa	11:15-12 p.m.	\$40/\$45	8221.101 EP
3/7-4/11 Sa	11:15-12 p.m.	\$40/\$45	8222.101 EP

MARIACHI EXPLORATION

Learn about all the instruments in the ensemble and discover basic understanding of music notation. Listen to, sing, and participate in discussions about the variety of genres in mariachi while learning about its history and culture.

Ages 6-10

3/7-3/28 Sa	12-2 p.m.	\$30/\$45	7613.101 EP
4/6-4/27 M	11:30 a.m.-1:30 p.m.	\$30/\$45	7663.101 BR



Drop In Programs and Activities

MIDDLE SCHOOL MADNESS

Party with your friends and make new ones with games, music, fun and prizes!

Grades 6-8

Sa	7:15 p.m.-10 p.m. No entry after 8 p.m.	\$2/person
BR	EP	
	January 11	
February 1	February 8	
March 7	March 14	
April 4	April 11	
May 2	May 9	

TEEN NIGHTS AROUND TOWN

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!

Ages: 11-17

5/13 W	5- 7:30 p.m.	FREE	Veteran's Memorial Park
5/20 W	5 - 7:30 p.m.	FREE	Fronterra Park

COPS VS KIDS

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

FREE! Check in at 4:45 p.m.

Ages 9-17

Floor Hockey

1/17 F	4:45 p.m.	FREE	Adam City Middle School
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Basketball

3/20 F	4:45 p.m.	FREE	Boys and Girls Club
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Human Foosball

4/17 F	4:45 p.m.	FREE	Fronterra Park
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DROP-IN HUB

Open for FREE drop-in activities including billiards, X-ergame wall, XBOX One®, Nintendo Wii U®, crafts and board games. Visit c3gov.com/recreation for the game room hours.

Ages 11-17

Tue, W, Th, F	5:30-8:30 p.m.	FREE	EP
Sat	12-5 p.m.	FREE	EP

SOCIAL HUB – BISON RIDGE

Open for FREE drop-in activities including a tech lab, Playstation®, crafts and board games.

Tu, W	5:30-8:30 p.m.	FREE	BR
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TEENS (AGES 11-17)

NEW YEAR, GET IN GEAR!

CITY OF COMMERCE CITY'S 2020 FITNESS CHALLENGE

This New Year's program will get your body, mind, and soul in gear to keep you on a healthy path that lasts past January! The program is three months long with weekly check-ins, educational seminars on nutrition, and group workouts. There are monthly weigh-ins, body measurements, and body composition tests to check body fat percentage. It also includes registration to a Saturday weight lifting program, registration to our life coach program, three personal training sessions and two massages with our massage therapist. Win prizes for meeting your monthly goals! Ages 16 and older. See page 21 for more details.

1/6-3/30 M	6:00-7:30 p.m.	\$350/\$370	3751.101 BR
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MONDAY FUNDAY – BR

Be active on Mondays at Bison Ridge Recreation Center! Stay for one class or stay the whole day. If you sign up for the whole day, a field trip is included every other week.

Create a custom schedule starting at \$120/\$160 for one 8-week session.

Full day available for a discount of \$320/\$440 (payment plan available for full day option)

Ages: Grades 6-8/Mondays

Session 3 1/13/20 – 3/16/20

8:30-10:15 a.m.	Cooking	7751.101
10:15 a.m. – 12 p.m.	Arts & Sciences	7752.101
12:30 – 2:15 p.m.	Volleyball	7753.101
2:15 – 4 p.m.	Swimming	7754.101
(Full day only)	Field Trips	7756.101

Session 4 3/30/20 – 5/18/20

8:30-10:15 a.m.	Cooking	7751.102
10:15 – 12 p.m.	Stitches & Fixes	7752.102
12:30 – 2:15 p.m.	Arts and Sciences	7753.102
2:15 – 4 p.m.	Swimming	7754.102
Full day only	Field Trips	7756.102

Field Trips (for full day participants only)

1/27 – Skate City, 2/10 – Ice Skating, 3/2 – DEFY Thornton, 3/16 – Fat Cats, 4/6 – Progresh, 4/20 – Dart Warz, 5/4 – Escape Room, 5/18 – Aurora Reservoir

*NO PROGRAM on 1/20, 2/17

SCIENCE CAFÉ

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

12/2-12/16 M	5:30-7 p.m.	\$60/\$70	7851.306 BR
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WHO'S COOKIN'

Want to learn new recipes and how to help out in the kitchen? Who's Cookin' provides a fun and exciting atmosphere to develop hands on skills and techniques to be creative within a safe environment.

Ages 11-17

12/7-12/21 Sa	11 a.m.-1 p.m.	\$35/\$45	7801.105 EP
1/18-2/8 Sa	11 a.m.-1 p.m.	\$65/\$80	7851.101 BR

BOXING (EPIC)

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. Call 303-289-3674 for more information. FREE for residents if participant meets attendance requirements.

Ages 11-18

Dates	EP drop off	BR drop off
	4:45-7:30 p.m.	5:15-7:15 p.m.
1/9-1/30	7901.102	7901.103
2/6-2/27	7902.102	7902.103
3/5-3/26	7903.102	7903.103
4/2-4/30	7904.102	7904.103

CPR AND FIRST AID

Learn how to identify emergencies and respond accordingly. This is not an official certification course.

Ages 11-17

1/13 M	5-7:30 p.m.	\$5/\$10	7851.104 BR
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YOUTH STRENGTH AND CONDITIONING

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 and/or those preparing for the next sports season.

Ages 11-16

1/21-2/20 Tu/Th	5:15-6 p.m.	\$65/\$70	3261.101 BR
3/3-4/2 Tu/Th	5:15-6 p.m.	\$65/\$70	3262.101 BR

TECH EXPLORATION

Launch your creativity and learn endless opportunities to be creative and have fun while programming. Ages 11-17

2/6-2/20 Th	5:30 - 7:30 p.m.	\$40/\$50	7801.101 EP
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OH SNAP PHOTOGRAPHY ON SPRING BREAK

Taking fun pictures with friends or seriously working on the art form? Working with professional camera, explore how to set the scene, capture the light, and find the right angles.

Ages 11-17

3/23-3/25 M/Tu/W	9 a.m. - 1 p.m.	\$55/\$70	7851.102 BR
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THE URBAN FARM HORSEBACK ON SPRING BREAK

Meet at Eagle Pointe Recreation Center and travel to The Urban Farm for riding and farm exploration.

Ages 11-17

3/27 F	9 a.m.-3 p.m.	\$40/\$55	7801.102 EP
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HORSE TREK

Have you ever wanted to go horseback riding? Here's your chance! Meet at Eagle Pointe Recreation Center and travel offsite for trail rides each week.

Ages 11-17

4/18-5/9 Sa	9 a.m.-2 p.m.	\$75/\$90	7801.103 EP
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JOB SKILLS

Does the thought of getting your first job sound terrifying? Learn the skills, knowledge and ability it takes to land your first job or master the one you are already in.

Ages 14-18

4/21 & 4/22 M,Tu	5:30 p.m. - 8 p.m.	\$5/\$10	7851.103 BR
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CERAMICS

Introduction to building with clay. Everyone leaves the program with a beautiful creation they can call their own!

Ages 11-17

5/4-5/18 M	5:30 - 7:30 p.m.	\$35/\$50	7801.104 EP
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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 will be 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.

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 303-289-3764 for more information or go to <https://www.adamscountyeducation.org/acmcya-nomination-instructions/>. Nominations forms are due Friday, 1/31/2020.

SUMMER CAMPS

Licensed Summer Day Camp 2020

(Youth Camp Venture for ages 6-10 & Adventure Trek for ages 11-15)

It's never too early to start planning your child's activities for next summer. Commerce City offers a state-licensed summer camp for children ages 6-10 (Youth Camp Venture) and 11-15 (Adventure Trek camp). Below is important information and dates for the 2020 camps.

Space is limited, trips subject to change.

Youth Camp Venture	Ages 6-10	Monday-Friday
Adventure Trek Camp	Ages 11-15	Monday-Thursday

IMPORTANT DATES

Camp Registration Starts

2/19 W	5:30 a.m.	EP and BR for Residents
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2/20 Th	5:30 a.m.	EP and BR for Non-Residents
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Packet Assistance Please come if you need help with the participant packet.

2/19 W	6 p.m.	EP
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Camp Packet Due

5/6 W	9 p.m.	EP and BR
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Parent Meeting Mandatory for all enrolled campers and parents/guardians

5/6 W	6 p.m.	EP
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KEY INFORMATION

- Space is limited, trips subject to change.
- Complete the enrollment process prior to registering for camp. Enrollment packets must be filled out completely and turned in before proceeding with registration.
- Enrollment packets can be downloaded for FREE at www.c3gov.com/camp beginning Feb 19 for residents and Feb 20 for non-residents.
- Packets are available at the first Packet Assistance meeting on Feb 19, at a cost of \$10.
- Enrollment deadline is May 6.
- Because registration is done on a first come, first served basis and the camp fills up quickly, early enrollment and registration is encouraged.
- Please call 303.227.2265 to apply for CCAP.

YOUTH CAMP VENTURE AGES 6-10

EP	Date	Theme	Field Trip
7501.201	Week 1 June 1-5	Plants vs Aliens	Air & Space Museum
7501.202	Week 2 June 8-12	Healthy Bodies, Healthy Minds	Denver Museum of Nature and Science
7501.203	Week 3 June 15-19	Not All Heroes Wear Capes	Denver Firefighters Museum
7501.204	Week 4 June 22-26	Determined Detectives	Adams Mystery Playhouse
7501.205	Week 5 June 29-July 3	H2O	H2O'Brien Pool
7501.206	Week 6 July 6-10	Extreme Challenge	DEFY Extreme Air Sports
7501.207	Week 7 July 13-17	All Around the World	Denver Puppet Theatre
7501.208	Week 8 July 20-24	Wildlife Warriors	The Urban Farm
7501.209	Week 9 July 27-31	Spirit Week	Aurora Reservoir

*Space is limited

ADVENTURE TREK CAMP AGES 11-15

6/1-7/30 M-Th	Fee: \$135/\$160	7 a.m.-6 p.m.
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EP	Second Creek Elementary School-Modular	Date	Theme	Field Trip
7601.201	7701.201	Week 1 June 1-4	Lost in Space	Discover Space Center
7601.202	7701.202	Week 2 June 8-11	Back to the Future	Denver Museum of Nature and Science
7601.203	7701.203	Week 3 June 15-18	Mountain Trek'd	The Incline
7601.204	7701.204	Week 4 June 22-25	Trial by Fire	Ninja Warrior Challenge
7601.205	7701.205	Week 5 June 29-July 2	Color Wars	Field Day-Site vs Site
7601.206	7701.206	Week 6 July 6-9	Days in the Sun	Boulder Reservoir
7601.207	7701.207	Week 7 July 13-16	Extreme Sports	Whitewater Rafting
7601.208	7701.208	Week 8 July 20-23	High Flyers	Elitch Gardens
7601.209	7701.209	Week 9 July 27-30	The Countdown	Aurora Reservoir

*Space is limited

PARKS AND TRAILS

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 #commerceciryec.

VETERANS MEMORIAL PARK RENOVATION STARTS FALL 2019

For the first time since it opened in 1971, Veterans Memorial Park (6015 Forest Drive) is undergoing a major renovation. The park is an important gathering place next to Eagle Pointe Recreation Center and located near many residences. A master plan for a new park layout includes elements such as a new, inclusive playground, perimeter walking path, a nature playground, and picnic facilities (including large shelters, benches, bike racks, a flush restroom, and a drinking fountain). The park will feature an eagle/bird theme to match the Eagle Pointe Recreation Center. Construction on the project will begin in fall 2019 with an expected completion date of summer 2020. Find project information and updates online at c3gov.com/qcl.

		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.											◆	◆			◆

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.

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
- Two conference rooms

Recreation Center Rates

Hourly rates are \$15 to \$45 for residents and \$25 to \$60 for nonresidents, 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	Veterans Memorial Park	1 shelter
Pioneer Park	4 shelters	Fronterra Park*	1 shelter
Stampede Park*	1 shelter	River Run Park*	2 shelters
Freedom Park	1 shelter	Villages East Park*	1 shelter
Prairie Gateway		Monaco Park	2 shelters
Open Space	1 shelter	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)

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

5950 Holly St.

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

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)



GOLF

Celebrate the New Year at Bison Grill

Spend New Year's Eve at the Bison Grill. Enjoy a four course prix fixe menu with a champagne toast. Visit BuffaloRunGolfCourse.com for menu and pricing.

Dec. 31, 2019 • 5:30-8:30 p.m.

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 BuffaloRunGolfCourse.com to participate in our eClub. By doing so you will receive a free green fee on your birthday! (Valid up to one week prior and one week after your birthday).

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.

From Nov. 25, 2019-Mar. 8, 2020, the Bison Grill the Bison Grill will change to winter hours and open for breakfast daily at 8:00 am. The kitchen will close at 8:00 p.m. Saturday-Thursday and at 9:00 p.m. on Friday.

Winter Rates

Nov. 4, 2019-Mar. 8, 2020

Seven days a week and holidays	9 Hole	18 Hole
8 a.m.-Noon	\$18	\$30
Seven days a week after noon	\$10	\$20

Other Rates	9 Hole	18 Hole
Cart rental (per person)	\$12	\$17
Twilight cart (per person)	\$10	\$13
Pull cart	\$3	\$6
Range balls	\$4 Small	\$6 Large

SENIOR APPRECIATION DAY

(all day Monday; holidays excluded)	9 Hole	18 Hole
	\$10	\$20

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

For more information on Special Twilight Rates, call 303-289-1500 or visit BuffaloRunGolfCourse.com



Recreation SCHOLARSHIP Program



ALL AGES CAN APPLY!

The Commerce City Department of Parks, Recreation and Golf offers a scholarship program for residents who demonstrate financial need. Residents of all ages may apply for up to 50% off a class session priced at \$21 or more.

Contact your local recreation center to learn more:
Eagle Pointe Recreation Center, 303-289-3760
Bison Ridge Recreation Center, 303-286-6800

Scholarships are funded in part by the Quality Community Foundation and the city's Community Development Block Grant program.



Goodfriends Scholarship Program

Apply for funding for Bison Ridge and Eagle Pointe Recreation Center programs for ages 55 and older



**Fitness, Special Events, Trips,
Recreation memberships, and more!**

For more information contact:

Zach Roth, Active Adult Services Coordinator
303-289-3720
zroth@c3gov.com

GET *More* OUTTA LIFE

JOIN COMMERCE CITY PARKS, RECREATION AND GOLF on Facebook and Instagram!

 facebook.com/commercecityparksrecgolf

 instagram.com/commercecityparksrecgolf

