



COMMERCE CITY PARKS, RECREATION AND GOLF GUIDE

SUMMER 2020

Registration opens April 6

c3gov.com/recreation

PARADISE ISLAND OPENING FOR THE SEASON

Hours, pricing,
and cabana rentals

Details on page 5

SUMMER CAMP CONNECTION

Summer and
Specialty Camps

Details on pages 40-44

Find us on:



facebook.com/commercecityparksrecgolf



instagram.com/commercecityparksrecgolf



Commerce City is your hometown for **Summer** **FUN!**

CENSUS COMMUNITY HUBS – Learn more about the 2020 Census. Staff will be available to assist you with completing your Census form.

Sat 4/18	9 a.m. – 1:30 p.m.	Eagle Pointe Recreation Center
Sat 5/9	9 a.m. – 1:30 p.m.	Bison Ridge Recreation Center

PARADISE ISLAND OPENING WEEKEND – Float down the lazy river or zoom down three water slides at opening weekend! Pool closes for the season on Sept. 3. Find hours of operation, admission fees, and cabana rentals at c3gov.com/paradise.

Sat 5/23	Pioneer Park	10 a.m. – 6 p.m.
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MEMORIAL DAY PARADE – The 56th annual Commerce City Memorial Day Parade brings the community together in honor of those who have sacrificed so much in service to our country. Be a part of Colorado's largest Memorial Day parade! View route information at c3gov.com/parade.

Mon 5/25	9:30 a.m. parade start
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NEIGHBORHOOD OUTREACHES – Bring your family to enjoy this Commerce City summer tradition. Enjoy free food and entertainment while learning more about the city, local nonprofit organizations, and service providers.

Thurs 6/11	Fronterra Park	6-8 p.m.	TBA
Thurs 8/13	Pioneer Park	6-8 p.m.	TBA

4TH FEST – With one of the state's largest fireworks displays, inflatables and interactive games, live entertainment and a Colorado Rapids game, Commerce City knows how to throw a party for our nation's birthday. Tickets to the game (\$). More information at coloradorapids.com

Sat 7/4	Dick's Sporting Goods Park	5-9 p.m.
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SUMMER NIGHTS WITH CULTURAL COUNCIL

MUSIC AND MOVIE IN THE PARK – Enjoy the evening listening to talented local bands and at dusk, wind down for a movie.

Thur 7/9	Fairfax Park	6:30 – 8:30 p.m.	Milestone	TBA
Thur 7/16	Fronterra Park	6:30 – 8:30 p.m.	Chicano Heat	TBA

**Movies are played in English with Spanish subtitles.*

MUSIC IN THE PARK – Bring your lawn chairs and blankets (or dancing shoes!) for an evening of music.

Thur 7/23	Civic Center	6 – 8 p.m.	Tunisia
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In partnership with the Commerce City Police & Fire Open House event

Thur 7/30	Turnberry Park	6:30 – 8:30 p.m.	Dustin Divine
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POLICE & FIRE OPEN HOUSE – Meet first responders, see their equipment and learn more about public safety while you enjoy free food and music outside the civic center.

Thur 7/23	Commerce City Civic Center	4:30-8 p.m.
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**BISON RIDGE
RECREATION CENTER**
13905 E. 112th Ave.
Commerce City, 80022
Phone: 303-286-6800
Registration: 303-286-6801

**EAGLE POINTE
RECREATION CENTER**
6060 E. Parkway Drive
Commerce City, 80022
Phone: 303-289-3760
Fax: 303-289-3783
Registration: 303-289-3789

**BISON RIDGE AND
EAGLE POINTE HOURS**
Mon-Fri 5 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**
Mar. 8: EP open at 1:00 p.m.
Mar. 15: BR open at 1:00 p.m.
Apr.12: Easter, EP & BR closed all day
Apr. 19: EP & BR closed all day for staff training
May 25: Memorial Day, EP & BR closed all day
July 4: Independence Day, EP & BR closed all day
Aug. 24 – Sept. 4: BR closed for annual
maintenance
Sept. 7: Labor Day, EP & BR close at 1:00 p.m.
Sept. 8 – Sept. 18: EP closed for annual
maintenance

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

Registration	1-4
Paradice Island	5
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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:

1/22 Tu	11 a.m.-1 p.m.	\$7/\$9	xxxx.xxx EP
Date	Time	Cost	Active Code
Day of Week			Location

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.

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.

2020 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 on page 4

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

*Each additional person \$35

Corporate Rates	\$80	\$40	\$312.50
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* 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 vary by center.

BISON RIDGE HOURS (UP TO 2 HOURS MAXIMUM)

Monday – Friday
8:45 A.M.-1:15 P.M.

Monday – Thursday
4:45 P.M.-8:15 P.M.

Saturday
8:45 A.M. – 12:15 P.M.

EAGLE POINTE HOURS (UP TO 2 HOURS MAXIMUM)

Monday-Thursday
4:45 P.M.-8:15 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 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	1234.101 BR
Date	Day of Week	Time	Cost
			Active Code

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

PARADICE ISLAND AT PIONEER PARK



Float down the lazy river, zoom down three water slides, or get your game on in the sport pool. There are spray features for the little ones at the toddler pool, while kids of all ages have a blast in the game-themed leisure pool.

HOURS

May 23 - August 16: 7 days a week
August 22 - August 30: Weekends Only
Sept 5, 6, 7: 10-6 p.m.
Pool closes for the season Sept 7.
Beginning August 17th, the pool will be closed weekdays; open weekends only.

DAILY ADMISSION

For non-residents and residents who do not have a valid Recreation Play Pass.

Child 0-2	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
FREE	\$6	\$8	\$10	\$8

RESIDENT RATES

To receive resident rates, all guests age 3 and older must have a valid Recreation Play Pass. Refer to page 2 for Play Pass information.

Child 0-2	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
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Daily Admission*

FREE	\$2	\$3	\$4	\$3
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10 Visit Card*

FREE	\$16	\$24	\$32	\$24
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Individual Season Pass*

FREE	\$42	\$63	\$84	\$63
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Family Season Pass*

Up to 4 people \$231, Each additional person is \$30

* Available to Commerce City Residents Only (with Recreation Play Pass)



For your enjoyment, please be prepared to observe the following safety guidelines and pool policies during your visit:

WEATHER POLICY

- Refunds will not be granted in the event that the park closes due to inclement weather. This includes rain, lightning, tornado warnings, and any other weather concern that makes the park unsafe for guests.
- Instructions from lifeguards and guest relations staff must be obeyed at all times
- Please be courteous. Foul language, fighting or abusive behavior will not be tolerated and will result in immediate ejection from the park.

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 non-inflatable (Type III PFD Coast Guard Approved). Water wings, floatation suits, and swim trainers are not allowed.

AGE AND HEIGHT REQUIREMENTS

- Children age 5 and younger must be accompanied in the water and within arm's reach by an adult age 18 or over.
- Children between the ages of 6-11 must be actively supervised by a person age 16 or older.
- Children age 12 and older may swim without adult supervision.
- Children who are not toilet trained must wear swim diapers.
- Guests must be 48" or taller to ride the slides.

PARADICE ISLAND POOL PARTIES AND RENTALS

Reservations for parties and cabana rentals will be taken beginning April 1, 2020. Fees are for cabana rentals only. Additional admission rates will apply.

Cabana Rentals	Resident	Nonresident
20 x 20 (up to 24 people)	\$60*	\$80*
16 x 16 (up to 12 people)	\$50*	\$70*

*Taxes not included

Cabanas 1-3: 4 picnic tables; seats 24; max capacity 32

Cabanas 4-7: 2 round tables and 7 lounge chairs; seats 15; max capacity 23

Cabanas 8-11: 2 picnic tables; seats 12; max capacity 20

To reserve a cabana, call:

303-289-3789 or 303-286-6801 (April 1 - May 22)

303-289-3769, 303-289-3789

or 303-286-6801 (May 23 - Sept 7)

Cabana Rental Special: Receive \$20 off rates Mon-Thur

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)



ACTIVE ADULTS

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

Events

35TH ANNUAL PANCAKE BREAKFAST

Rise and dine to delicious pancakes and sausage! Bring the whole family for this kid-friendly event, featuring a craft corner and bouncy castle. Proceeds benefit the Goodfriends Scholarship program and the Quilting and Sewing club. Buy your tickets in advance at the Eagle Pointe Recreation Center or purchase online at c3gov.com/register.

5/2 Sa	7 a.m. -10 a.m.	\$5 in advance/\$6 at the door	
			4601.208 EP

Lunch Bunch

Catch up with your friends as we serve up a delicious and well-balanced lunch and dessert. Sign up deadline is the Thursday before each Lunch Bunch. 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!

MOTHER'S DAY LUNCH BUNCH

Mother's Day is celebrated the 2nd Sunday of May and was officially made a national holiday during Woodrow Wilson's presidency in 1914. Come celebrate the amazing moms, grandmas, and women in your life at this wonderful lunch bunch. Everyone is welcome and we will surely have a good time! Entertainment: Henry and Reinhardt- Popular Classics Duo presented in a Cabaret fashion

5/19 Tu	12 p.m.-1:30 p.m.	\$7/\$9	4201.201 EP
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BEACH BASH LUNCH BUNCH

Break out your Hawaiian shirts and flip-flops because this beach bash calls for bunches of fun! Come join the fun in the sun and enjoy a great lunch catered by Bison Grill. The entertainer Jim Kurty – Multi-instrumentalist and Vocalist will be there.

7/21 Tu	12 p.m.-1:30 p.m.	\$7/\$9	4201.202 EP
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Active Adult Center Summer Olympics

Go for the gold! This is your chance to compete in some fun events in the Active Adult Center Olympics. Compete in all of the events or just a few. We will also enjoy regular television screenings of the 2020 Summer Olympic Games in Tokyo in the Active Adult center lobby.

DAY 1: WATER BALLOON TOSS

A summertime classic, Water Balloon Toss is a simple game that involves tossing water balloons back and forth without popping the balloon. Prepare for fun, laughter, and the possibility of getting wet!

7/27 M	10 a.m. - 11:30 a.m.	\$3/\$4	4601.209 EP
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DAY 2: CHAIR VOLLEYBALL TOURNAMENT

Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. Chair volleyball is played with a beach ball and a five-foot-high net. Rules are similar to regular volleyball except cheeks stay in seats!

7/28 Tu	10 a.m. - 11:30 a.m.	\$3/\$4	4601.210 EP
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DAY 3: UNO TOURNAMENT

Uno is a classic family card game that can be played almost anywhere! Be the first player to run out of cards and you win, but be sure to watch your back because once you call UNO the best cards to prevent you from winning will definitely be played.

7/29 W	10 a.m. - 12:30 p.m.	\$3/\$4	4601.211 EP
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DAY 4: CORNHOLE TOURNAMENT

Cornhole (also known regionally as bags, sack toss, and beanbags) is a common Midwest lawn game! The objective is to score points based on how many times you can get the beanbag on the board or in the hole. Do you have what it takes to become the Commerce City's Cornhole champ?

7/30 Th	10 a.m. - 11:30 a.m.	\$3/\$4	4601.212 EP
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DAY 5: MEDAL CEREMONY PICNIC

As the Active Adult Center Summer Olympics come to a close, join us for a picnic on the pool deck and the medal ceremony. Find out who took gold, silver, and bronze in all of our fun events from the past week. Everyone is welcome to this event. A light meal will be served.

7/31 F	11 a.m. -12:30 p.m.	\$3/\$4	4601.213 EP
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COFFEE WITH COMMERCE CITY'S PARKS, RECREATION, AND GOLF STAFF

The coffee is on us! Sip on coffee while finding out more about the incredible staff members of the Commerce City Parks, Recreation, and Golf department. Get to know about staff, learn more about their jobs, what they do in their spare time and, about all the great programs and things happening in your city.

COFFEE WITH CHAD

Join Recreation Manager Chad Redin for a cup of coffee! Chad is a Colorado Native, has worked for Commerce City for 17 years, and has been a resident for 19 years. He started with the city as a Facility/Aquatic Supervisor in January 2003. Learn more about his job, how many 14ers he has climbed, his love for Disney World, and more! Please pre-register so we know how much coffee to make.

5/29 F	9 a.m.-10 a.m.	Free	4601.201 EP
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COFFEE WITH MARTY

Meet Marty Walsh, Recreation Superintendent for a cup of coffee! Marty is new to Commerce City but he is not new to recreation! Marty first started in Parks & Rec in 2007 at a Park District near Chicago, Illinois. He spent 9 years there managing special events and youth programs. In 2016, He moved to Colorado and worked with the City of Lafayette from 2016 to 2019. Come learn more about Marty's current job, what he loves about recreation, and more! Please pre-register so we know how much coffee to make.

6/26 F	9 a.m.-10 a.m.	Free	4601.205 EP
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SUMMER SIZZLER LINE DANCE SHINDIG

Grab your friends and your dancing shoes and get ready for this sizzling shindig you won't want to miss! This line dance party is intended for people with line dance experience that are knowledgeable of the terms and ready to jump into specific dances. Deli sandwiches will be served but please bring a side or a sweet summer treat to share potluck style. Please bring 5 quarters for games like Heads or Tails and Left, Right, Center. Registration is limited so sign up early.

6/13 Sa	11 a.m.-2 p.m.	\$11/\$13	4601.203 EP
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4TH OF JULY BBQ

Enjoy a traditional BBQ to celebrate our nation's birthday. Wear your red, white and blue and be ready to have a blast. Brush up on your American history for our trivia contest. This event is held at Pioneer Park, located on Holly Street.

7/2 Th	11 a.m.-12:30 p.m.	\$7/\$8	4601.202 EP
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Coffee in the Lobby

Bison Ridge	Eagle Pointe
8 a.m.-11 a.m.	8 a.m.-11 a.m.
5/26	5/8
6/23	6/12
7/28	7/10
	8/14

**VIP REWARDS**

Did you participate in at least 8 trips with the Eagle Pointe Active Adult Center between January 1- June 30, 2020? If so, we want to recognize you as a VIP trip participant. Pre-registration is required.

7/16 Th	11 a.m.-1 p.m.	Free	4601.206 EP
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COUNTRY WESTERN CONCERT

Put on those dancing boots and wear your favorite cowboy hat for this country-western concert! Enjoy dancing, listening to great music, and playing various country-western themed games. A BBQ meal with all the fixins' will also be served.

7/24 F	6 p.m.-8 p.m.	\$10/\$11	4651.201 BR
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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. Pre-registration is required by designated deadline so food and materials can be prepared.

8/14 F	6 p.m.-8 p.m.	\$12/\$15	4651.202 BR
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DOMINOS TOURNAMENT

All skill levels are welcome to compete in a fun day of dominos played in the chicken foot format. The top finishers receive prizes and a light lunch will be provided.

8/18 Tu	10 a.m.-2 p.m.	\$8/\$9	4601.204 EP
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EVENING OF ART

The Active Adult Center has artists all over the place. From ceramics to jewelry, to drawing and more, join us in celebrating artistic expression. Bring everyone you know and accompany us for an exciting showcase with some of Commerce City's local artists and hidden talents. Refreshments will be served and we're looking forward to celebrating the arts with you!

8/19 W	5:30 p.m.-7:30 p.m.	Free	4601.207 EP
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Be Informed

UHC STROKE PREVENTION

Stroke is the leading cause of disability in the United States but effective treatment options are available if accessed promptly. Join the University of Colorado Hospital in an educational presentation about stroke prevention. This presentation will help you identify the signs and symptoms of stroke, what to do if a stroke is suspected, stroke treatment options and stroke prevention.

5/1 F	9 a.m.-10:30 a.m.	Free	4701.201 EP
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TECH 101

Whether we like it or not technology is here to stay. This class will help us explore how it can be a benefit to our lives. We will learn how to use the internet, how to stay healthy, safe and connected. We will also touch on smartphones, tablets, and apps and how they can benefit our daily lives. This class is free but pre-registration is required.

5/5 Tu	11 a.m.-12 p.m.	Free	4001.201 EP
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LIVING IN PLACE

Join us for a panel-style discussion to learn about resources available to help you stay in your home as you get older. Experts in the areas of reverse mortgages, home care, home modifications, palliative, and hospice will be here to answer your questions and to explain how they work together for your benefit. Cost is free but pre-registration is required so discussion materials can be prepared.

5/12 Tu	12 p.m.-1 p.m.	Free	4701.203 EP
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REVERSE MORTGAGE MYTHS

Your friend has said her reverse mortgage is the best thing she's ever done but your cousin says he would never consider one. What are these loans all about? Could this be a financial tool you could use? Get expert answers to your questions and leave with a solid understanding of how these loans can be structured to fit unique situations. Instructor: Don Opeka with Orion Mortgage, Inc.

6/19 F	Noon-1:00 p.m.	Free	4701.205 EP
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WHAT YOUR HEIRS SHOULD KNOW IF YOU HAVE A REVERSE MORTGAGE

For many borrowers with a reverse mortgage, the reality is that they might not be the one closing out their loan. That responsibility may fall to an heir or executor. Learn how to prepare yourself and your loved ones for what needs to be done when the last borrower leaves the home, whether the goal is to keep the home or sell it. This is a follow-up to the presentation on June 19.

Instructor: Don Opeka with Orion Mortgage, Inc.

7/17 F	Noon-1 p.m.	Free	4701.206 EP
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SENIOR PLANET: SOCIAL MEDIA TECH WORKSHOPS

Brought to you by the Senior Commission

Join us for interactive workshops designed to give participants the chance to practice using Facebook and Instagram. Workshops will be led by a trainer and will offer hands-on activities. These workshops will be a great introduction for those who have not used/or are very unfamiliar with Facebook and Instagram. These workshops are not a great fit for those who already have accounts and want to ask specific, more advanced, questions about their own experiences. Please come with your Apple ID or Google Play logins and passwords written down.

Facebook Workshop

During this hands-on workshop, you will sign up for Facebook and begin building your profile. You will also learn how to find friends and use Facebook's privacy settings.

6/12 F	10 a.m.-11:30 a.m.	Free	4001.202 EP
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Instagram Workshop

Instagram stands out among other social media platforms because of its emphasis on images. Instagram users can follow friends, family, and public figures, and share pictures and videos with them. In this hands-on workshop, you will set up your own account and learn about Instagram's important features.

7/10 F	10 p.m.-11:30 a.m.	Free	4001.203 EP
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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 your own acoustic guitar. All sheet music provided. Minimum of 3 students needed for a class to run.

Sa 7/11-8/14	12:15-1:00 p.m.	\$40/\$45	8201.201 EP
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THE BENEFITS OF MASSAGE CLASS TAUGHT BY CERTIFIED MASSAGE THERAPIST MARIEL CHEEK

Massage is the practice of rubbing and kneading the body using the hands. Come learn how massage might help maintain and improve your overall health as you age. This class will offer a brief PowerPoint and open the floor for discussion. Join in this discussion, with a certified massage therapist, about the benefits and reasons why massage is growing in popularity in our aging population and why you may want to schedule your next massage soon.

8/12 W	10 a.m.-11 a.m.	Free	4701.204 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.

8/25 Tu	8:30 a.m.- 12:30 p.m.		4701.202 EP
\$15 (AARP Members)/ \$20 (non-AARP members)			

SQUARE DANCING LESSONS

Come square dance for fun and fitness. Our square dance program will be geared toward older adults, where the pace and the music will be slower than most clubs, but open to all adults. This program is for all abilities and no partner is needed. Please join us whether you have never danced, have danced in the past but it has been a long time, or you are an experienced dancer! Leading the program is Mike Olivieri, a professional square dance caller.

Every Thursday 1:30-3:00 p.m. \$5 drop in EP

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

Tuesday 9:00 a.m.-Noon EP

Wednesday 6:00-9:00 p.m. EP

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 9:00-10:00 a.m. BR

Intermediate Mondays 10:15-11:15 a.m. BR

MAHJONG AT BISON RIDGE

Similar to the Western card game rummy, Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. Mahjong is a tile-based game that was developed in China during the Qing dynasty and has spread throughout the world since the early 20th century. **Current and beginner players are welcome and this group meets every Wednesday at 1 p.m.**

Resources**MEDICARE 1-ON-1**

Humana Health assists older adults with questions about Medicare and Medicaid every fourth Tuesday of the month from 9:00 a.m. to 11:00 a.m. A benefits counselor can answer questions about Medicare health plans, prescription drugs and whether you qualify for assistance with premiums or copayments. 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.

5/4, 5/18, 6/1, 6/15, 7/6, 7/20, 8/3, 8/17 10:00-11:30 a.m. EP

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 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.

Thursdays 11:00 a.m.- 12:00 p.m. FREE EP

Drop-Ins

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

Eagle Pointe

Billiards	Quilting
Monday-Friday 8:30 a.m.-4 p.m.	Wednesdays 9-11 a.m.
Jigsaw Puzzles	Rummikub
Monday-Friday 8 a.m.-4 p.m.	Wednesdays Noon-3:30 p.m.
Dominoes	Card games
Mondays Noon-3:30 p.m.	Fridays 9 a.m.
Potluck/Bingo	Coloring Group
1st Tuesdays Noon-1:30 p.m.	2nd and 4th Mondays 10 a.m.
Movie Matinee	Walking Group
4th Tuesdays 1-3 p.m.	1st and 3rd Fridays 10 a.m.
Bunco	
2nd Tuesdays 1-3:30 p.m.	

Extended Travel Trips**EXTENDED TRAVEL TRIPS IN 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

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

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	

May

PACE "MUSIC THAT MOVES US"

Parker's hometown Chorale celebrates the songs that take us through the memories of our lifetimes, from the crooners of the Big Band era. Lunch on own. Note the early registration deadline.

5/3 Sa	12:45 p.m.-4:45 p.m.	\$36/\$37	4501.225
Parker	L2	RD 4/26	

LUNCH & MOVIE

Enjoy lunch & a movie with friends at Elvis Theater in Arvada. Entrance to movie included. Lunch on own. Note the early registration deadline.

5/6 W	10:30 a.m.-5:00 p.m.	\$7/\$8	4501.219
Arvada	L1	RD 4/29	

GONE FISHING

Enjoy a day at the lake! Bring a sack lunch, no meal provided. Bring a valid fishing license, camp chair, fishing gear and dress for the weather. Destination will be decided by current fishing reports and weather.

5/13 W	7:30 a.m.-3 p.m.	\$6/\$7	4501.209
TBA	L3	RD 5/6	

FOUNDING MOTHER'S TEA AT THE MOLLY BROWN HOUSE

Celebrate the founding women who fought to give women the right to vote. This celebration includes a tour of the Molly Brown House, Tea, tax, & and gratuity. Please note the early registration deadline.

5/16 Sa	12:15 p.m.-5 p.m.	\$40/\$41	4501.226
Denver	L3	RD 4/19	

DINNER OUT "STATE HOUSE 38"

Enjoy an evening out with friends at one of Commerce City newest restaurants. American cuisine. Dinner costs on own.

5/18 M	4:30 p.m.-8 p.m.	\$8/\$9	4501.205
Commerce City	L1	RD 5/11	

THE CHOCOLATE THERAPIST "CHOCOLATE AND WINE PARING" CLASS

The Chocolate Therapist is a unique chocolate, wine and coffee shop with on-site chocolate production. During this class you will learn the history of chocolate, the process of how its made, then how to pair chocolate with wines. No meal stop.

5/20 M	5:00 p.m.-9:00 p.m.	\$30/\$31	4501.227
Littleton	L2	RD 5/13	

DINERS, DRIVE-INS, & DIVES: COLORADO SPRINGS SERIES

First watch an episode of the Food Network's Diner, Drive-in & Dives, then enjoy a meal from the featured restaurant Front Range BBQ located in Colorado Springs! Lunch on own.

5/27 W	9:00 a.m.-3:00 p.m.	\$9/\$10	4501.221
Colorado Springs	L1	RD 5/20	

COLORADO ROCKIES VS. LOS ANGELES DODGERS

Spend an afternoon cheering for the Colorado Rockies as they play against the Los Angeles Dodgers. Note the early registration deadline.

5/28 Th	11:45 a.m.-4:45 p.m.	\$36/\$37	4501.215
Denver	L3	RD 5/13	

June

E.B. REINS PARK & PICNIC

Join in on the fun at E.B.Reins park in Northglenn. Ride, the paddle boats, walk the trail or simply enjoy the scenery. A light picnic lunch will be provided. Boat rides not included.

6/5 F	9 a.m.-2 p.m.	\$11/\$12	4501.228
Northglenn	L2	RD 5/29	

THORNFEST

Grab a friend and wander Carpenter Park in Thornton. There will be food, craft vendors, games for kids and great live entertainment. Lunch on own.

6/6 Sa	9:15 a.m.-2:15 p.m.	\$9/\$10	4501.229
Thornton	L3	RD 5/30	

VIVA LOS AMERICANOS @ THE GOLDEN HISTORY MUSEUM

Learn the history of Colorado's Volunteer Infantry in the Philippines 1898-1899. Lunch on own.

6/10 W	3 p.m.-6 p.m.	\$19/\$20	4501.230
Golden	L2	RD 6/3	

VIRGINIA DALE OPEN HOUSE & WESTERN FESTIVAL

Spend the day with Wyatt Earp & Doc Holiday as Virginia Dale celebrate its 20th annual Open House & Western Festival. There will be a craft show, general store and silent auction. Lunch on own.

6/13 Sa	7:30 a.m.-5:30 p.m.	\$10/\$11	4501.231
Virginia Dale	L2	RD 6/6	

GONE FISHING

Enjoy a day at the lake! Bring a sack lunch, no meal provided. Bring a valid fishing license, camp chair, fishing gear and dress for the weather. Destination will be decided a by current fishing reports and weather.

6/16 Tu	7:30 a.m.-3 p.m.	\$6/\$7	4501.210
TBA	L3	RD 6/9	

DINERS, DRIVE-INS, & DIVES: COLORADO SPRINGS SERIES

First watch an episode of the Food Network's Diner, Drive-in & Dives, then enjoy a meal from the featured restaurant Paravicini's Italian Bistrol! Lunch on own.

6/17 W	9 a.m.-4 p.m.	\$9/\$10	4501.222
Colorado Springs	L1	RD 6/10	

DINNER OUT "DANNY CARNATIONS"

Visit this Family-owned, neighborhood spot since 1982 with American dishes, daily specials & handmade desserts. Dinner on own

6/22 M	4:30 p.m.-8 p.m.	\$8/\$9	4501.206
Lakewood	L1	RD 6/15	

COLORADO ROCKIES VS. KANSAS CITY ROYALS

Spend an afternoon cheering for the Colorado Rockies as they play against the Kansas City Royals.

6/24 W	11:45 a.m.-4:45 p.m.	\$36/\$37	4501.216
Denver	L3	RD 6/9	

89TH ANNUAL DONKEY DAYS AND GAMBLING TRIP

Don't miss a chance to see the donkey derby, people come from all around the world to see! Live entertainment and food vendors will line the streets of Cripple Creek. There will be time to gamble. Lunch on own

6/27 Sa	7 a.m.-7 p.m.	\$11/\$12	4501.232
Cripple Creek	L3	RD 6/20	

July**RARE FINDS WAREHOUSE SHOPPING & LUNCH**

Visit the Rare Finds Warehouse where you may find a treasure that is rustic, reclaimed, vintage or industrial. This warehouse is worth seeing! Lunch on own.

7/1 W	10 a.m.-2 p.m.	\$8/\$9	4501.233
Denver	L3	RD 6/24	

GONE FISHING

Enjoy a day at the lake! Bring a sack lunch, no meal provided. Bring a valid fishing license, camp chair, fishing gear and dress for the weather. Destination will be decided a by current fishing reports and weather.

7/8 W	7:30 a.m.-3 p.m.	\$6/\$7	4501.211
TBA	L3	RD 7/1	

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.

7/15 W	9 a.m.-5 p.m.	\$10/\$11	4501.235
????	L3	RD 7/8	

DINERS, DRIVE-INS, & DIVES: COLORADO SPRINGS SERIES

First watch an episode of the Food Network's Diner, Drive-in & Dives, then enjoy a meal from the featured restaurant Mountain Shadow Restaurant. Meal on own.

7/20 M	9 a.m.-4 p.m.	\$9/\$10	4501.223
Colorado Springs	L1	RD 7/13	

FORNEY MUSEUM OF TRANSPORTATION

The Forney Museum offers a guided tour of the history evolution of transportation. See cars such as the Detroit Electric, Amelia's Earhart's Gold Bug Kissel and many more! Lunch on own.

7/22	9:15 a.m.-2:15 p.m.	\$23/\$24	4501.234
Denver	L2	RD 7/6	

COLORADO ROCKIES VS. MIAMI MARLINS

Spend an afternoon cheering for the Colorado Rockies as they play against the Miami Marlins.

7/23 Th	11:45 a.m.-4:45 p.m.	\$36/\$37	4501.217
Denver	L3	RD 7/8	

CHEESMAN PARK ART FESTIVAL

Take a stroll through Cheesman Park and view the creations of local craftsman and artist. Live entertainment and food trucks will be available. Lunch on own.

7/25 Sa	9:30 a.m.-2:30 p.m.	\$9/\$10	4501.236
Denver	L3	RD 7/18	

DINNER OUT "LAZY DOG"

Lazy Dog is known for its handcrafted seasonal American dishes. Dinner on own.

7/27 M	4:30 p.m.-8 p.m.	\$8/\$9	4501.207
Westminster	L1 R	D 7/20	

August**TABLE TO TEACUPS ANTIQUES & FRONT RANGE MERCANTILE**

Visit this antique mall and flea market to find treasures you most likely won't find elsewhere! Lunch on own.

8/1 Sa	9:30 a.m.-2:30 p.m.	\$8/\$9	4501.237
Longmont	L3	RD 7/25	

GAMBLING CENTURY

Enjoy mountain scenery on this fun bus ride to Central City for gaming and a good time. Lunch on own.

8/5 W	9 a.m.-3 p.m.	\$8-\$9	4501.214
Central City	L3	RD 7/25	

HAYSTACK MOUNTAIN CREAMERY TOUR

Visit a goat farm to learn the process of making goat cheese as well as sample the cheese. Product are available for purchase. Lunch on own.

8/6 Th	9 a.m.-2 p.m.	\$18/\$19	4501.239
Longmont	L3	RD 7/30	

LUNCH & MOVIE

Enjoy lunch & a movie with friends at Elvis Theater in Arvada. Entrance to movie included. Lunch on own.

8/7 F	10:30 a.m.-5pm.	\$7/\$8	4501.220
Arvada	L1	RD 7/30	

GONE FISHING

Enjoy a day at the lake! Bring a sack lunch, no meal provided. Bring a valid fishing license, camp chair, fishing gear and dress for the weather. Destination will be decided a by current fishing reports and weather.

8/12 W		\$6/\$7	4501.212
TBA	L3	RD 8/5	

OLD TOWN PARKER SHOPPING & LUNCH AT ROCKY MOUNTAIN PIZZERIA

Shop the day away in Old Town Parker. Once you have filled your shopping bags, lunch will be at Rocky Mountain Pizzeria. Lunch on own.

8/20 Th	11:45 a.m.-4:45 p.m.	\$36/\$37	4501.238
Denver	L3	RD 8/5	

COLORADO ROCKIES VS. WASHINGTON NATIONALS

Spend an afternoon cheering for the Colorado Rockies as they play against the Washington Nationals.

8/26 W	9 a.m.-4 p.m.	\$9/\$10	4501.218
Colorado Springs	L1	RD 8/19	

DINNER OUT "RED ROBIN GOURMET BURGERS"

From towering appetizers, to gourmet burgers, this is an evening with friends you do not want to miss. Dinner on own.

8/24	4:30 p.m.-8 p.m.	\$8/\$9	4501.208
Westminster	L1	RD 8/17	

DINERS, DRIVE-INS, & DIVES: COLORADO SPRINGS SERIES

First watch an episode of the Food Network's Diner, Drive-in & Dives, then enjoy a meal from the featured restaurant Rasta Pasta. Lunch on own.

8/26 W	9 a.m.-4 p.m.	\$9/\$10	4501.224
Colorado Springs	L1	RD 8/19	

ESTES PARK SHOPPING

Enjoy the scenic views along the way to Estes Park. Once in town spend time wondering Main streets one-of-a-kind shops. Lunch on own.

8/31 M	9 a.m.-5 p.m.	\$10/\$11	4501.240
Estes Park	L3	RD 8/24	



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 a.m. – 9 p.m. Monday through Friday; 7 a.m. – 6 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 AND SEMI-PRIVATE LESSONS

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

Submit a Request

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

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

Submit an online private lesson request via our website at: recreation.c3gov.com/recreation-centers-pools

REGISTER

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

Private (1 person/30 minutes)	\$100R/\$130NR
Semi-private (2 people/30 minutes)	\$130R/\$190NR

Eagle Pointe Registered Private Lessons

(1 person/30 minutes) \$100R/\$130NR

6/2-7/2 T	5 wk	4:30-5 p.m.	6701.201
6/2-7/2 T	5 wk	5-5:30 p.m.	6701.202
6/2-7/2 T	5 wk	6-6:30 p.m.	6701.203
6/2-7/2 Th	5 wk	4:30-5 p.m.	6701.204
6/2-7/2 Th	5 wk	5-5:30 p.m.	6701.205
6/2-7/2 Th	5 wk	6-6:30 p.m.	6701.206
7/14-8/13 T	5 wk	4:30-5 p.m.	6702.201
7/14-8/13 T	5 wk	5-5:30 p.m.	6702.202
7/14-8/13 T	5 wk	6-6:30 p.m.	6702.203
7/14-8/13 Th	5 wk	4:30-5 p.m.	6702.204
7/14-8/13 Th	5 wk	5-5:30 p.m.	6702.205
7/14-8/13 Th	5 wk	6-6:30 p.m.	6702.206

Group Swimming 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.

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 class schedules listed on pages 15 and 17 in the brochure.

SWIMMING LESSON FEES**Mon-Fri 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

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 INFORMATION

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**Mon-Fri AM Lessons**

Session 1: May 18 – May 20

Session 2: June 8 – June 10

Session 3: June 29 – July 1

Session 4: July 20 – July 22

Tue/Thur PM and Saturday AM Lessons

Session 1: May 18 – May 20

Session 2: June 29 – July 1

EP Swim Lesson Registration Dates**Mon-Fri AM Lessons**

Session 1: May 26 – May 28

Session 2: June 15 – June 17

Session 3: July 6 – July 8

Session 4: July 27 – July 29

Tue/Thur PM and Saturday AM Lessons

Session 1: May 26 – May 28

Session 2: July 6 – July 8

Specialty Offerings**C.A.R.A SWIM TEAM**

The C.A.R.A swim team is a non-competitive, recreational team that focuses on fun, first and foremost. Secondary objectives include development of skills and sportsmanship, and encouraging all participants to do their best while assuring each swimmer experiences some degree of success.

Registration: 4/1– 5/20

- Team suits must be paid for within the registration time period. Refunds not available.
- T-shirt size required a registration

Dates: 5/27-8/7**Ages: 6-18 years.**

- Must be able to swim 25 yards front crawl with efficient side breathing technique.
- Must have basic knowledge of back and breast strokes.

Fees: \$70R / \$100NR**Practice Times**

Note: The first day of practice is a mandatory meeting for all parents and swimmers. The meeting will include parent and swimmer etiquette and expectations, swim meet information, and the creation of the team roster. Please attend this meeting so that you and your child will be prepared for a great summer!

Swim Meet Dates:

More information will be given at the mandatory parent meeting held on the first day of practice.

Bison Ridge Team

M/W/F

4:30-6 p.m. 6851.201

6-7:30 p.m. 6851.202

11am – 12:30pm 6851.203

Eagle Pointe Team

M/W/F

4:30-6 p.m. 6801.201

6-7:30 p.m. 6801.202

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

PROGRAMS AND ACTIVITIES AT BISON RIDGE**Group Swimming Lesson Schedule****WATER BABIES AGES 6-17 MONTHS BR**

5/30-6/27 S 5 wk 9-9:25 a.m. 6051.201

7/11-8/8 S 5 wk 9-9:25 a.m. 6052.201

PARENT-TOT 18 MOS - 2 YRS BR

5/30-6/27 S 5 wk 9:30-9:55 a.m. 6051.202

7/11-8/8 S 5 wk 9:30-9:55 a.m. 6052.202

WATER ADJUSTMENT LEVEL 1 AGES 3-5 BR

5/25-6/5 M-F * 2 wk 10:30-10:55 a.m. 6151.205

5/25-6/5 M-F * 2 wk 11-11:25 a.m. 6151.206

5/25-6/5 M-F * 2 wk 11:30-11:55 a.m. 6151.207

5/26-6/25 T/Th 5 wk 4:30-4:55 p.m. 6151.201

5/26-6/25 T/Th 5 wk 5:30-5:55 p.m. 6151.202

5/30-6/27 S 5 wk 9-9:25 a.m. 6151.203

5/30-6/27 S 5 wk 10:30-10:55 a.m. 6151.204

6/15-6/26 M-F 2 wk 10:30-10:55 a.m. 6152.205

6/15-6/26 M-F 2 wk 11-11:25 a.m. 6152.206

6/15-6/26 M-F 2 wk 11:30-11:55 a.m. 6152.207

7/6-7/17 M-F 2 wk 10:30-10:55 a.m. 6153.201

7/6-7/17 M-F 2 wk 11-11:25 a.m. 6153.202

7/6-7/17 M-F 2 wk 11:30-11:55 a.m. 6153.203

7/7-8/6 T/Th 5 wk 4:30-4:55 p.m. 6152.201

7/7-8/6 T/Th 5 wk 5:30-5:55 p.m. 6152.202

7/11-8/8 S 5 wk 9-9:25 a.m. 6152.203

7/11-8/8 S 5 wk 10:30-10:55 a.m. 6152.204

7/27-8/7 M-F 2 wk 10:30-10:55 a.m. 6154.201

7/27-8/7 M-F 2 wk 11-11:25 a.m. 6154.202

7/27-8/7 M-F 2 wk 11:30-11:55 a.m. 6154.203

no class 5/25*FUNDAMENTALS LEVEL 2 AGES 3-5 BR**

5/25-6/5 M-F * 2 wk 9-9:25 a.m. 6251.206

5/25-6/5 M-F * 2 wk 9:30-9:55 a.m. 6251.207

5/25-6/5 M-F * 2 wk 10-10:25 a.m. 6251.208

5/25-6/5 M-F * 2 wk 11-11:25 a.m. 6251.209

5/25-6/5 M-F * 2 wk 11:30-11:55 a.m. 6251.210

5/26-6/25 T/Th 5 wk 5-5:25 p.m. 6251.201

5/26-6/25 T/Th 5 wk 5:30-5:55 p.m. 6251.202

5/26-6/25 T/Th 5 wk 6-6:25 p.m. 6251.203

5/30-6/27 S 5 wk 9:30-9:55 a.m. 6251.204

5/30-6/27 S 5 wk 11-11:25 a.m. 6251.205

6/15-6/26 M-F 2 wk 9-9:25 a.m. 6252.206

6/15-6/26 M-F	2 wk	9:30-9:55 a.m.	6252.207
6/15-6/26 M-F	2 wk	10-10:25 a.m.	6252.208
6/15-6/26 M-F	2 wk	11-11:25 a.m.	6252.209
6/15-6/26 M-F	2 wk	11:30-11:55 a.m.	6252.210
7/6-7/17 M-F	2 wk	9-9:25 a.m.	6253.201
7/6-7/17 M-F	2 wk	9:30-9:55 a.m.	6253.202
7/6-7/17 M-F	2 wk	10-10:25 a.m.	6253.203
7/6-7/17 M-F	2 wk	11-11:25 a.m.	6253.204
7/6-7/17 M-F	2 wk	11:30-11:55 a.m.	6253.205
7/7-8/6 T/Th	5 wk	5-5:25 p.m.	6252.201
7/7-8/6 T/Th	5 wk	5:30-5:55 p.m.	6252.202
7/7-8/6 T/Th	5 wk	6-6:25 p.m.	6252.203
7/11-8/8 S	5 wk	9:30-9:55 a.m.	6252.204
7/11-8/8 S	5 wk	11-11:25 a.m.	6252.205
7/27-8/7 M-F	2 wk	9-9:25 a.m.	6254.201
7/27-8/7 M-F	2 wk	9:30-9:55 a.m.	6254.202
7/27-8/7 M-F	2 wk	10-10:25 a.m.	6254.203
7/27-8/7 M-F	2 wk	11-11:25 a.m.	6254.204
7/27-8/7 M-F	2 wk	11:30-11:55 a.m.	6254.205

*no class 5/25

FUNDAMENTALS LEVEL 2 AGES 6-12 BR

5/25-6/5 M-F*	2 wk	10-10:45 a.m.	6261.205
5/25-6/5 M-F *	2 wk	11-11:45 a.m.	6261.206
5/26-6/25 T/Th	5 wk	5-5:45 p.m.	6261.201
5/26-6/25 T/Th	5 wk	6-6:45 p.m.	6261.202
5/30-6/27 S	5 wk	10-10:45 a.m.	6261.203
5/30-6/27 S	5 wk	11-11:45 a.m.	6261.204
6/15-6/26 M-F	2 wk	10-10:45 a.m.	6262.205
6/15-6/26 M-F	2 wk	11-11:45 a.m.	6262.206
7/6-7/17 M-F	2 wk	10-10:45 a.m.	6263.201
7/6-7/17 M-F	2 wk	11-11:45 a.m.	6263.202
7/7-8/6 T/Th	5 wk	5-5:45 p.m.	6262.201
7/7-8/6 T/Th	5 wk	6-6:45 p.m.	6262.202
7/11-8/8 S	5 wk	10-10:45 a.m.	6262.203
7/11-8/8 S	5 wk	11-11:45 a.m.	6262.204
7/27-8/7 M-F	2 wk	10-10:45 a.m.	6264.201
7/27-8/7 M-F	2 wk	11-11:45 a.m.	6264.202

*no class 5/25

INDEPENDENT SWIM LEVEL 3 AGES 3-5 BR

5/25-6/5 M-F*	2 wk	9-9:25 a.m.	6351.206
5/25-6/5 M-F*	2 wk	9:30-9:55 a.m.	6351.207
5/25-6/5 M-F*	2 wk	10-10:25 a.m.	6351.208
5/25-6/5 M-F *	2 wk	10:30-10:55 a.m.	6351.209

5/26-6/25 T/Th	5 wk	4:30-4:55 p.m.	6351.201
5/26-6/25 T/Th	5 wk	5:30-5:55 p.m.	6351.202
5/26-6/25 T/Th	5 wk	6-6:25 p.m.	6351.203
5/30-6/27 S	5 wk	10-10:25 a.m.	6351.204
5/30-6/27 S	5 wk	11:30-11:55 a.m.	6351.205
6/15-6/26 M-F	2 wk	9-9:25 a.m.	6352.206
6/15-6/26 M-F	2 wk	9:30-9:55 a.m.	6352.207
6/15-6/26 M-F	2 wk	10-10:25 a.m.	6352.208
6/15-6/26 M-F	2 wk	10:30-10:55 a.m.	6352.209
7/6-7/17 M-F	2 wk	9-9:25 a.m.	6353.201
7/6-7/17 M-F	2 wk	9:30-9:55 a.m.	6353.202
7/6-7/17 M-F	2 wk	10-10:25 a.m.	6353.203
7/6-7/17 M-F	2 wk	10:30-10:55 a.m.	6353.204
7/7-8/6 T/Th	5 wk	4:30-4:55 p.m.	6352.201
7/7-8/6 T/Th	5 wk	5:30-5:55 p.m.	6352.202
7/7-8/6 T/Th	5 wk	6-6:25 p.m.	6352.203
7/11-8/8 S	5 wk	10-10:25 a.m.	6352.204
7/11-8/8 S	5 wk	11:30-11:55 a.m.	6352.205
7/27-8/7 M-F	2 wk	9-9:25 a.m.	6354.201
7/27-8/7 M-F	2 wk	9:30-9:55 a.m.	6354.202
7/27-8/7 M-F	2 wk	10-10:25 a.m.	6354.203
7/27-8/7 M-F	2 wk	10:30-10:55 a.m.	6354.204

*no class 5/25

INDEPENDENT SWIM LEVEL 3 AGES 6-12 BR

5/25-6/5 M-F*	2 wk	9-9:45 a.m.	6361.205
5/25-6/5 M-F	2 wk	11-11:45 a.m.	6361.206
5/26-6/25 T/Th	5 wk	4:30-5:15 p.m.	6361.201
5/26-6/25 T/Th*	5 wk	6-6:45 p.m.	6361.202
5/30-6/27 S	5 wk	10-10:45 a.m.	6361.203
5/30-6/27 S	5 wk	11-11:45 a.m.	6361.204
6/15-6/26 M-F	2 wk	9-9:45 a.m.	6362.205
6/15-6/26 M-F	2 wk	11-11:45 a.m.	6362.206
7/6-7/17 M-F	2 wk	9-9:45 a.m.	6363.201
7/6-7/17 M-F	2 wk	11-11:45 a.m.	6363.202
7/7-8/6 T/Th	5 wk	4:30-5:15 p.m.	6362.201
7/7-8/6 T/Th	5 wk	6-6:45 p.m.	6362.202
7/11-8/8 S	5 wk	10-10:45 a.m.	6362.203
7/11-8/8 S	5 wk	11-11:45 a.m.	6362.204
7/27-8/7 M-F	2 wk	9-9:45 a.m.	6364.201
7/27-8/7 M-F	2 wk	11-11:45 a.m.	6364.202

*no class 5/25

STROKE TECHNIQUES LEVEL 4 AGES 6-12 BR

5/25-6/5 M-F*	2 wk	9-9:45 a.m.	6461.203
5/26-6/25 T/Th	5 wk	4:30-5:15 p.m.	6461.201
5/30-6/27 S	5 wk	9-9:45 a.m.	6461.202
6/15-6/26 M-F	2 wk	9-9:45 a.m.	6462.203
7/6-7/17 M-F	2 wk	9-9:45 a.m.	6463.201
7/7-8/6 T/Th	5 wk	4:30-5:15 p.m.	6462.201
7/11-8/8 S	5 wk	9-9:45 a.m.	6462.202
7/27-8/7 M-F	2 wk	9-9:45 a.m.	6464.201

*no class 5/25

STROKE MECHANICS LEVEL 5 AGES 6-12 BR

5/25-6/5 M-F*	2 wk	10-10:45 a.m.	6561.202
5/30-6/27 S	5 wk	10-10:45 a.m.	6561.201
6/15-6/26 M-F	2 wk	10-10:45 a.m.	6562.202
7/6-7/17 M-F	2 wk	10-10:45 a.m.	6563.201
7/11-8/8 S	5 wk	10-10:45 a.m.	6562.201
7/27-8/7 M-F	2 wk	10-10:45 a.m.	6564.201

*no class 5/25

LEVEL 6 / SWIM TEAM PREP AGES 8-17 BR

5/30-6/27 S	5 wk	11am-Noon	6861.201
7/11-8/8 S	5 wk	11am-Noon	6862.201
Adult Ages 16 and Up			
5/30-6/27 S	5 wk	9-9:45 a.m.	6651.201
7/11-8/8 S	5 wk	9-9:45 a.m.	6652.201

Host a Pool Party at 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)

- Additional swimmers may be purchased the day of the party. Fees are \$1.50 per person for 17 and under / \$3.00 for 18 and older. Limited quantities.

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

- Fees do not include tax.

Programs and Activities at Eagle Pointe**LEVEL 1 - WATER ADJUSTMENT EP (AGE 3-5)**

6/1-6/12 M-F	2 wk	9-9:25 a.m.	6101.205
6/1-6/12 M-F	2 wk	10:30-10:55 a.m.	6101.206
6/2-7/2 T/Th	5 wk	4:30-4:55 p.m.	6101.201
6/2-7/2 T/Th	5 wk	5:30-5:55 p.m.	6101.202
6/6-7/4 Sat	5 wk	9-9:25 a.m.	6101.203
6/6-7/4 Sat	5 wk	10-10:25 a.m.	6101.204
6/22-7/3 M-F	2 wk	9-9:25 a.m.	6102.205
6/22-7/3 M-F	2 wk	10:30-10:55 a.m.	6102.206
7/13-7/24 M-F	2 wk	9-9:25 a.m.	6103.201
7/13-7/24 M-F	2 wk	10:30-10:55 a.m.	6103.202
7/14-8/13 T/Th	5 wk	4:30-4:55 p.m.	6102.201
7/14-8/13 T/Th	5 wk	5:30-5:55 p.m.	6102.202
7/18-8/15 Sat	5 wk	9-9:25 a.m.	6102.203
7/18-8/15 Sat	5 wk	10-10:25 a.m.	6102.204
8/3-8/14 M-F	2 wk	9-9:25 a.m.	6104.201
8/3-8/14 M-F	2 wk	10:30-10:55 a.m.	6104.202

LEVEL 2 - FUNDAMENTALS (AGE 3-5) EP

6/1-6/12 M-F	2 wk	9:30-9:55 a.m.	6201.205
6/1-6/12 M-F	2 wk	11-11:25 a.m.	6201.206
6/2-7/2 T/Th	5 wk	4:30-4:55 p.m.	6201.201
6/2-7/2 T/Th	5 wk	5:30-5:55 p.m.	6201.202
6/6-7/4 Sat	5 wk	9:30-9:55 a.m.	6201.203
6/6-7/4 Sat	5 wk	10:30-10:55 a.m.	6201.204
6/22-7/3 M-F	2 wk	9:30-9:55 a.m.	6202.205
6/22-7/3 M-F	2 wk	11-11:25 a.m.	6202.206
7/13-7/24 M-F	2 wk	9:30-9:55 a.m.	6203.201
7/13-7/24 M-F	2 wk	11-11:25 a.m.	6203.202
7/14-8/13 T/Th	5 wk	4:30-4:55 p.m.	6202.201
7/14-8/13 T/Th	5 wk	5:30-5:55 p.m.	6202.202
7/18-8/15 Sat	5 wk	9:30-9:55 a.m.	6202.203
7/18-8/15 Sat	5 wk	10:30-10:55 a.m.	6202.204
8/3-8/14 M-F	2 wk	9:30-9:55 a.m.	6204.201
8/3-8/14 M-F	2 wk	11-11:25 a.m.	6204.202

LEVEL 2 - FUNDAMENTALS (AGE 6-12) EP

6/1-6/12 M-F	2 wk	9-9:45 a.m.	6211.205
6/1-6/12 M-F	2 wk	10-10:45 a.m.	6211.206
6/1-6/12 M-F	2 wk	11-11:45 a.m.	6211.207
6/2-7/2 T/Th	5 wk	5-5:45 p.m.	6211.201
6/2-7/2 T/Th	5 wk	6:30-7:15 p.m.	6211.202
6/6-7/4 Sat	5 wk	10-10:45 a.m.	6211.203
6/6-7/4 Sat	5 wk	11-11:45 a.m.	6211.204
6/22-7/3 M-F	2 wk	9-9:45 a.m.	6212.205
6/22-7/3 M-F	2 wk	10-10:45 a.m.	6212.206
6/22-7/3 M-F	2 wk	11-11:45 a.m.	6212.207

7/13-7/24 M-F	2 wk	9-9:45 a.m.	6213.201
7/13-7/24 M-F	2 wk	10-10:45 a.m.	6213.202
7/13-7/24 M-F	2 wk	11-11:45 a.m.	6213.203
7/14-8/13 T/Th	5 wk	5-5:45 p.m.	6212.201
7/14-8/13 T/Th	5 wk	6:30-7:15 p.m.	6212.202
7/18-8/15 Sat	5 wk	10-10:45 a.m.	6212.203
7/18-8/15 Sat	5 wk	11-11:45 a.m.	6212.204

8/3-8/14 M-F	2 wk	9-9:45 a.m.	6214.201
8/3-8/14 M-F	2 wk	10-10:45 a.m.	6214.202
8/3-8/14 M-F	2 wk	11-11:45 a.m.	6214.203

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

6/1-6/12 M-F	2 wk	10-10:25 a.m.	6301.205
6/1-6/12 M-F	2 wk	11:30-11:55 a.m.	6301.206
6/2-7/2 T/Th	5 wk	5-5:25 p.m.	6301.201
6/2-7/2 T/Th	5 wk	6-6:25 p.m.	6301.202
6/6-7/4 Sat	5 wk	10-10:25 a.m.	6301.203
6/6-7/4 Sat	5 wk	11:30-11:55 a.m.	6301.204
6/22-7/3 M-F	2 wk	10-10:25 a.m.	6302.205
6/22-7/3 M-F	2 wk	11:30-11:55 a.m.	6302.206

7/13-7/24 M-F	2 wk	10-10:25 a.m.	6303.201
7/13-7/24 M-F	2 wk	11:30-11:55 a.m.	6303.202
7/14-8/13 T/Th	5 wk	5-5:25 p.m.	6302.201
7/14-8/13 T/Th	5 wk	6-6:25 p.m.	6302.202
7/18-8/15 Sat	5 wk	10-10:25 a.m.	6302.203
7/18-8/15 Sat	5 wk	11:30-11:55 a.m.	6302.204

8/3-8/14 M-F	2 wk	10-10:25 a.m.	6304.201
8/3-8/14 M-F	2 wk	11:30-11:55 a.m.	6304.202

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

6/1-6/12 M-F	2 wk	9-9:45 a.m.	6311.105
6/1-6/12 M-F	2 wk	10-10:45 a.m.	6311.206
6/1-6/12 M-F	2 wk	11-11:45 a.m.	6311.207
6/2-7/2 T/Th	5 wk	6-6:45 p.m.	6311.201
6/2-7/2 T/Th	5 wk	6:30-7:15 p.m.	6311.202
6/6-7/4 Sat	5 wk	10:30-11:15 a.m.	6311.203
6/6-7/4 Sat	5 wk	11-11:45 a.m.	6311.204
6/22-7/3 M-F	2 wk	9-9:45 a.m.	6312.205
6/22-7/3 M-F	2 wk	10-10:45 a.m.	6312.206
6/22-7/3 M-F	2 wk	11-11:45 a.m.	6312.207

7/13-7/24 M-F	2 wk	9-9:45 a.m.	6313.201
7/13-7/24 M-F	2 wk	10-10:45 a.m.	6313.202
7/13-7/24 M-F	2 wk	11-11:45 a.m.	6313.203
7/14-8/13 T/Th	5 wk	6-6:45 p.m.	6312.201
7/14-8/13 T/Th	5 wk	6:30-7:15 p.m.	6312.202
7/18-8/15 Sat	5 wk	10:30-11:15 a.m.	6312.203
7/18-8/15 Sat	5 wk	11-11:45 a.m.	6312.204

8/3-8/14 M-F	2 wk	9-9:45 a.m.	6314.201
8/3-8/14 M-F	2 wk	10-10:45 a.m.	6314.202
8/3-8/14 M-F	2 wk	11-11:45 a.m.	6314.203

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

6/1-6/12 M-F	2 wk	9-9:45 a.m.	6401.203
6/2-7/2 T/Th	5 wk	4:30-5:15 p.m.	6401.201
6/6-7/4 Sat	5 wk	9-9:45 a.m.	6401.202
6/22-7/3 M-F	2 wk	9-9:45 a.m.	6402.203

7/13-7/24 M-F	2 wk	9-9:45 a.m.	6403.201
7/14-8/13 T/Th	5 wk	4:30-5:15 p.m.	6402.201
7/18-8/15 Sat	5 wk	9-9:45 a.m.	6402.202

8/3-8/14 M-F	2 wk	9-9:45 a.m.	6404.201
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LEVEL 5 - STROKE MECHANICS (AGE 6-12 ONLY) EP

6/1-6/12 M-F	2 wk	10-10:45 a.m.	6501.203
6/2-7/2 T/Th	5 wk	5:30-6:15 p.m.	6501.201
6/6-7/4 Sat	5 wk	10-10:45 a.m.	6501.202
6/22-7/3 M-F	2 wk	10-10:45 a.m.	6502.203

7/13-7/24 M-F	2 wk	10-10:45 a.m.	6503.201
7/14-8/13 T/Th	5 wk	5:30-6:15 p.m.	6502.201
7/18-8/15 Sat	5 wk	10-10:45 a.m.	6502.202

8/3-8/14 M-F	2 wk	10-10:45 a.m.	6504.201
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LEVEL 6 - SWIM TEAM PREP (AGE 8-17) EP

6/1-6/12 M-F	2 wk	11 a.m.-12 p.m.	6811.202
6/6-7/4 Sat	5 wk	11 a.m.-12 p.m.	6811.201
6/22-7/3 M-F	2 wk	11 a.m.-12 p.m.	6812.202

7/13-7/24 M-F	2 wk	11 a.m.-12 p.m.	6813.201
7/18-8/15 Sat	5 wk	11 a.m.-12 p.m.	6812.201
8/3-8/14 M-F	2 wk	11 a.m.-12 p.m.	6814.201

YOUNG ADULT (AGE 13-15) EP

6/2-7/2 T/Th	5 wk	6:30-7:15 p.m.	6611.201
7/14-8/13 T/Th	5 wk	6:30-7:15 p.m.	6612.201

ADULT (AGE 16 AND UP) EP

6/6-7/4 Sat	5 wk	9-9:45 a.m.	6601.201
7/18-8/15 Sat	5 wk	9-9:45 a.m.	6602.201

WATER BABIES (AGE 6-17 MONTHS) EP

6/6-7/4 Sat	5 wk	9-9:25 a.m.	6001.201
7/18-8/15 Sat	5 wk	9-9:25 a.m.	6002.201

PARENT TOT (AGE 18MO - 2YRS) EP

6/6-7/4 Sat	5 wk	9:30-9:55 a.m.	6001.202
7/18-8/15 Sat	5 wk	9:30-9:55 a.m.	6002.202

Host a Pool Party at Eagle Pointe!

Parties at Eagle Pointe may be scheduled from
SATURDAY 12-2 P.M. or 3-5 P.M.
SUNDAY 11 A.M.-1 P.M. or 2-4 P.M.

Option A

Includes 15 swimmers, 4 tables, seating for 24, and a max room capacity of 30 people.
R \$85 / NR \$120

Option B

Includes 15 swimmers, 4 tables, place settings for 24, decorations, and a max room capacity of 30 people.
R \$120 / NR \$150

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

Decoration packages include tablecloths, plates, cups, napkins, forks, a balloon bouquet, and a gift bag for each child in attendance. Fees do not include tax.

Therapy Pool

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

Lap Pool

- Lap lanes are reserved for lap swimming only. 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.

Steam Room

- **Must be 16 or older to use steam room**
- **Do not exceed 10 minutes in the steam room**
 - Long exposure may result in nausea, dizziness, or fainting.
- **Please shower before entering steam room**
 - No shaving.
 - Use of personal lotions, oils, sprays, soaps, etc. is not permitted in the steam room.
- **Pregnant women and persons with medical conditions should not enter the steam room without medical consultation**
- **Proper swimwear is required for the steam room. Sweat-suits, long sleeve shirts, pants, sweatshirts and sweatpants, tennis shoes and street shoes are not allowed.**

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.



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. Summer classes are technique classes and will not have a performance at the end of the session. 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.

AGE 3

Mon 6/1-8/10	5:30-6 p.m.	1151.201 EP
by 5/26 \$50/\$60	on 5/27 \$60/\$70	

**No class 6/29.*

AGE 3

Wed 6/3-8/12	5:30-6 p.m.	1051.201 BR
by 5/26 \$50/\$60	on 5/27 \$60/\$70	

**No class 7/1.*

AGE 4

Thu 6/4-8/13	6:30-7 p.m.	1051.202 BR
by 5/26 \$50/\$60	on 5/27 \$60/\$70	

**No class 7/2.*

AGE-4

Mon 6/1-8/10	6-6:30 p.m.	1001.203 EP
by 5/26 \$50/\$60	on 5/27 \$60/\$70	

**No class 6/29.*

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

Mon 6/1-8/10	6:30-7:15 p.m.	1101.201 EP
by 5/26 \$58/\$68	on 5/27 \$68/\$78	

**No class 6/29.*

Thu 6/4-8/13	7-7:45 p.m.	1151.201 BR
by 5/26 \$58/\$68	on 5/27 \$68/\$78	

**No class 7/2.*

INTERMEDIATE, AGES 6-7, BY INSTRUCTOR INVITATION ONLY

Mon 6/1-8/10	7:15-8 p.m.	1121.201 EP
by 5/26 \$58/\$68	on 5/27 \$68/\$78	

**No class 6/29.*

JAZZ, AGES 7-8

Thu 6/4-8/13	5:30-6:30 p.m.	1551.201 BR
by 5/26 \$61/\$71	on 5/27 \$71/\$81	

**No class 7/2.*

BEGINNING POMS

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

Ages 8 to 12

Wed 6/3-8/12	6-7 p.m.	1451.201 BR
by 5/26 \$61/\$71	on 5/27 \$71/\$81	

No class 7/1.

LYRICAL DANCE

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

Ages 12 and older

Wed 6/3-8/12	7-8 p.m.	1391.201 BR
by 5/26 \$61/\$71	on 5/27 \$71/\$81	

**No class 7/1.*

**ASK ABOUT OUR RECREATION SCHOLARSHIP
PROGRAM ASSISTANCE WHEN REGISTERING FOR
CLASSES OVER \$21. SOME EXCLUSIONS APPLY.**

HIP HOP

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

Beginning, ages 7-10

Tue 6/2-8/11	6:45-7:45 p.m.	1251.201 BR
by 5/26 \$61/\$71	on 5/27 \$71/\$81	

*No class 6/30.

Wed 6/3-8/12	5:30-6:30 p.m.	1201.201 EP
by 5/26 \$61/\$71	on 5/27 \$71/\$81	

*No class 7/1.

INTERMEDIATE LEVEL, AGES 11-16

Tue 6/2-8/11	7:45-8:45 p.m.	1261.201 BR
by 5/26 \$61/\$71	on 5/27 \$71/\$81	

*No class 6/30.

INTERMEDIATE LEVEL, AGES 11-16

Wed 6/3-8/12	6:30-7:30 p.m.	1211.201 EP
by 5/26 \$61/\$71	on 5/27 \$71/\$81	

*No class 7/1.

BALLET BASICS, AGES 3

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

Mon 6/1-8/10	6:30-7 p.m.	1651.201 BR
by 5/26 \$50/\$60	on 5/27 \$60/\$70	

*No class 6/29.

BALLET BASICS, AGES 4

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

Mon 6/1-8/10	7-7:30 p.m.	1651.202 BR
by 5/26 \$50/\$60	on 5/27 \$60/\$70	

*No class 6/29.

INTRODUCTION TO BALLET, AGES 5-6

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

Mon 6/1-8/10	7:30-8:15 p.m.	1661.201 BR
by 5/26 \$58/\$68	on 5/27 \$68/\$78	

*No class 6/29.

FAMILY**FAMILY PAINTING**

Discover your artistic side! Create a masterpiece with your loved ones that you will be able to take home and cherish. Canvases, paintbrushes, paints, and instruction provided by Gallery on the Go!

Ages 6+ with an adult

5/8 F	5:30-8:00 p.m.	\$15/\$20 person	7001.105 EP
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FAMILY OVERNIGHT CAMPING TRIP

Join us for paddle boarding, a moonlight hike, campfire and lots of other outdoor fun all at the Aurora Reservoir! Tents, meals and activities at the reservoir are all included. Packing list provided upon registration. Transportation provided, meet at Eagle Pointe Recreation Center.

Ages 6+ with an adult

Sat 5/30	12 p.m.	\$20/\$35 person	7001.201 EP
Sun 5/31	10:00 a.m.		

FAMILY ESCAPE ROOM

Work together to solve puzzles and unlock secrets. A little brainpower and a lot of teamwork required.

Ages 6-10 with an adult

4/24 F	6:00-7:30 p.m.	\$5/\$9/person	7051.201 BR
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FAMILY CRAWDAD FISHING

Enjoy a day of fishing with your dad or adult male role model at Sand Creek Regional Greenway. All fishing supplies provided, but you are welcome to bring your own poles. Transportation provided, meet at Eagle Pointe Recreation Center.

Ages 6+ with an adult male role model

6/20 S	10 a.m.-12 p.m.	\$8/\$12	7001.202 EP
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COUNTRY WESTERN CONCERT

Put on those dancing boots and wear your favorite cowboy hat for this country-western concert! Enjoy dancing, listening to great music, and playing various country-western themed games! A BBQ meal with all the fixins' will also be served.

Ages 6+ with an adult

7/24 F	6:00-8:00 p.m.	\$10/\$11	4651.201 BR
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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. Pre-registration is required by designated deadline so food and materials can be prepared.

Ages 6 and up with adult

8/14 F	6:00-8:00 p.m.	\$12/\$15	4651.202 BR
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PRESCHOOL AGE PROGRAMS

JUNIOR JAM

Enjoy a night out while we take care of the kids! We play games, make crafts, sing and read stories.

Ages 3-5

4/3 F	6:00-8:30 p.m.	\$10/\$12	7153.201 BR
5/1 F	6:00-8:30 p.m.	\$10/\$12	7154.201 BR

A TRIP TO THE ZOO

Go wild for fun facts about some of the amazing animals found at the zoo, then build them using DUPLO™ blocks. Program includes letter recognition, size comparison, shape and color identification, counting, and patterning. Offered in partnership with Bricks 4 Kidz.

Ages 3-5

5/4-5/18 M	10:00-10:45 a.m.	\$45/\$55	7155.201 BR
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PRESCHOOL YOGA

Barking dogs and hissing snakes and roaring lions, oh my! This child yoga class mixes yoga poses with games, stories, and music to teach preschool aged kids the basics of yoga. The children will learn breathing, mindfulness, and relaxation techniques while playing and growing their imagination.

Ages 3-6

7/10-7/31 F	9:00-10:00 a.m.	\$40/\$45	3261.201 BR
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DISCOVERY KIDS

Ages 3 – 5

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

Eagle Pointe

Tu, W, Th	10:00 a.m. – Noon	\$30/\$40
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
6/2 – 6/4	Nursery Rhymes	7101.201
6/9 – 6/11	Welcome to My Garden	7101.202
6/16 – 6/18	Hello Summer	7101.203
6/23 – 6/25	Father Knows Best	7101.204
6/30 – 7/2	America the Beautiful	7101.205
7/7 – 7/9	It's a Colorful World	7102.201
7/14 – 7/16	Arabian Nights	7102.202
7/21 – 7/23	Let's Get in Touch with Nature	7102.203
7/28 – 7/30	Wild Weather	7102.204

Bison Ridge

Tu, W, Th	2:00 – 4:00 p.m.	\$30/\$40
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/Mother's Day	7155.101
5/12 – 5/14	Jurassic Park	7155.102
5/19 – 5/21	Ice Cream Extravaganza	7155.103
6/2 – 6/4	Zoo Animals	7151.201
6/9 – 6/11	Crazy Alphabet	7151.202
6/16 – 6/18	Go Wild with Gardening!	7151.203
6/23 – 6/25	Transportation	7151.204
6/30 – 7/2	4th of July	7151.205
7/7 – 7/9	Camping Fun/Let's Get Cooking	7152.201
7/14 – 7/16	Under Sea	7152.202
7/21 – 7/23	Egyptians	7152.203
7/28 – 7/30	Prehistoric Extravaganza	7152.204

JUMPBUNCH SPORTS AND FITNESS FOR KIDS

Sports. Smiles. Fitness. Fun! Come see what being fun and fit is all about. Each week we introduce your child to a new sport or fitness activity in a safe and encouraging environment.

Parent/Tot

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

Th	10:00-10:30 a.m.	BR
4/2-4/30	\$50/\$60	7554.101
5/7-5/28	\$40/\$50	7555.101
6/4-6/25	\$40/\$50	7551.201
7/2-7/30	\$50/\$60	7552.201
8/6-8/20	\$30/\$40	7553.201

Ages 3.5-6

Th	9:15-10:00 a.m.	BR
4/2-4/30	\$55/\$66	7564.101
5/7-5/28	\$44/\$55	7565.101
6/4-6/25	\$44/\$55	7561.201
7/2-7/30	\$55/\$66	7562.201
8/6-8/20	\$33/\$44	7563.201

Drop-In Group Fitness Classes

(Bison Ridge & Eagle Pointe)

Group Fitness classes are included with a recreation center membership or punch card. **Participants must be 14 years of age or older to participate in classes.** Classes are limited to the first 27 people and cycling are limited to the first 13 riders. SilverSneakers Classes do not require a SilverSneakers membership to attend. The most up to date information about classes and their times can be found online at: 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

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

SILVER SNEAKERS

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

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

Orientations include a demonstration of the proper use of equipment, weight room etiquette and proper equipment safety. FREE.

14 years and older

Call 303-286-6835 to schedule

FITNESS ASSESSMENTS

Measurements include Body mass index, body fat percentage and circumference measurements. FREE. To schedule an appointment call 303-286-6835.

14 years or older

PERSONAL TRAINING

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

14 years and older

Sessions are available in:

3, 6, and 10 one-hour sessions

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



FITNESS & WELLNESS PROGRAMMING

STRENGTH AND CARDIO FITNESS PROGRAMS

OUTDOOR BUILD BOOT CAMP FOR FAMILIES!

A fitness 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 12-14 must be accompanied by a parent to attend. \$25 per family, up for 4 people. Call 303-286-6835 for more information.

Ages 12 years and older

6/3 - 6/24 W	6:30-7:30 p.m.	\$25/\$30	3401.201 EP
7/1 - 7/22 W	6:30-7:30 p.m.	\$25/\$30	3402.201 EP

PRESCHOOL YOGA

Barking dogs and hissing snakes and roaring lions, oh my! This child yoga class mixes yoga poses with games, stories, and music to teach preschool aged kids the basics of yoga. The children will learn breathing, mindfulness, and relaxation techniques while playing and growing their imagination.

Ages 3-6

7/10-7/31 F	9:00- 10:00 a.m.	\$40/\$45	3261.201 BR
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FITNESS AND FUN-FITNESS CLASS FOR KIDS

Take exercising to whole new level of fun. In this class, kids will learn the importance of fitness and health through physical games and competitions that will get their heart rates up, channel their energy, and build lifelong healthy habits.

Ages 7-11

7/10-7/31 F	9:00- 10:00 a.m.	\$40/\$45	3262.201 BR
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WOMEN ON WEIGHTS- WEIGHT LIFTING EDUCATION

Women on weights is an educational four week class that focuses on barbell lifting form. The class takes place on the weight room floor going over the squat rack and other lifting exercises. It's perfect for women who would like to learn the correct mechanics of weight training. Take the intimidation out of lifting with knowledge on how to get your weight set up and proper form.

Ages 16 years and older

5/31 - 6/21 Su	10:15-11:15 a.m.	\$35/\$40	3151.201 BR
7/12 - 8/2 Su	10:15-11:15 a.m.	\$35/\$40	3152.201 BR



MEN'S POWER HOUR

Held on the outdoor deck at Bison Ridge Rec Center, this class is an hour of challenging, intense, weight lifting workouts geared just for men. With hurdles, plyometric, ladders and medicine balls, look to improve your strength, power, endurance, speed and agility. Drop-in fee available at \$10.

16 years and older

5/23 - 6/27 Sa	8:15-9:15 a.m.	\$35/\$40	3161.201 BR
7/11 - 8/15 Sa	8:15-9:15 a.m.	\$35/\$40	3162.201 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! Receive a Build Boot Camp T-Shirt and other goodies throughout the class. Open to all fitness levels! Call 303-286-6835 for more information.

Ages 16 years and older

5/19 - 7/9 Tu/Th	5:15-6:15 p.m.	\$100/\$105	3451.201 BR
5/23-7/11 Sa	9:30-10:30 a.m.	\$50/\$55	3453.201 BR
7/21 - 8/20 Tu/Th	5:15-6:15 p.m.	\$70/\$75	3452.201 BR
7/25-8/22 Sa	9:30-10:30 a.m.	\$35/\$40	3454.201 BR

NEW YEAR, GET IN GEAR- 2020 SUMMER REFRESH

It's never too late to start or revisit your New Year's resolutions! This summer join some of our personal trainers in a goal focused, group workout. Once a week on Monday get a semi-personalized workout. Weigh-in at the beginning of the 10 week class, complete with body mass index, body fat percentage, and circumference measurements. A second weigh-in half way through the course and a final weigh-in after the end of the 10 weeks. Work hard and track your progress in this New Year resolution inspired class.

Ages 16 and older

6/1-8/3 M	6:00-7:00 p.m.	\$150/\$155	3751.201 BR
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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 years and older

6/4 - 6/25 TH	10:45-11:45 a.m.	\$25/\$30	3171.201 BR
7/9 - 7/30 TH	10:45-11:45 a.m.	\$25/\$30	3172.201 BR
8/6-9/3 TH	10:45-11:45 a.m.	\$25/\$30	3173.201 BR
6/2-6/23 T	10:45-11:45 a.m.	\$25/\$30	3122.201 EP

Mind/Body Fitness and Wellness Programs

RESTORATIVE YOGA/ MEDITATION

Restorative Yoga & Meditation is an hour-long class that will open your body, mind and soul through practicing stillness or 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 16 and older

5/20 - 6/10 W	6:30-7:30 p.m.	\$40/\$45	3651.201 BR
6/24-7/15 W	6:30-7:30 p.m.	\$40/\$45	3652.201 BR
7/29 - 8/19 W	6:30-7:30 p.m.	\$40/\$45	3653.201 BR



TAI-CHI 1.0

This class helps beginners to Tai-Chi 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

5/5 - 5/26 Tu	2:30-3:30 p.m.	\$25/\$30	3301.201 EP
5/4 - 6/1 M	2:00-3:00 p.m.	\$25/\$30	3351.201 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

6/2 - 6/23 Tu	2:30-3:30 p.m.	\$30/\$35	3311.201 EP
6/15 - 7/6 M	2:00-3:00 p.m.	\$30/\$35	3352.201 BR
7/20 - 8/10 M	2:00-3:00 p.m.	\$30/\$35	3353.201 BR

W.H.A.M.- WHOLE HEALTH ACTION MANAGEMENT

W.H.A.M. (Whole Health Action Management) is a ten week course that assists you in developing and accomplishing a whole health goal. Have you ever set a goal only to watch yourself not accomplish it? Through WHAM you will explore your strengths and review ten areas that create resiliency in health. You will learn what makes a good goal for you, create doable action steps, and watch yourself have success in meeting your goal. Through the support of a Wellness Coach, you will learn skills that will empower you to easily create and meet success in your goals for the future.

Ages 16 years and older

5/20-7/22 W	6:00-7:30 p.m.	\$85/\$90	3951.201 BR
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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

Schedule your massage online at c3gov.com/register. Search "massage" in the search bar to view all available appointments, book, and pay for massage.

ASK ABOUT OUR RECREATION SCHOLARSHIP PROGRAM ASSISTANCE WHEN REGISTERING FOR CLASSES OVER \$21. SOME EXCLUSIONS APPLY.



MARTIAL ARTS

TAEKWONDO

Ages 8 and older or with instructor approval

Develop self-discipline, endurance, coordination, and confidence through the practice of taekwondo, zendokwon and kick boxing. Students are able to participate in local tournaments. Sessions are 6 weeks longs. For questions, call 303-286-6835.

Session 1

5/5-6/9 Tu	6:30-8:00 p.m.	\$32/\$37	3901.201 EP
5/5-6/11 Tu/Th	6:30-8:00 p.m.	\$60/\$65	3901.202 EP
5/7-6/11 Thu	6:30-8:00 p.m.	\$32/\$37	3901.203 EP

Session 2

7/7-8/18 Tu	6:30-8:00 p.m.	\$32/\$37	3902.201 EP
7/7-8/20 Tu/Th	6:30-8:00 p.m.	\$60/\$65	3902.202 EP
7/9-8/20 Th	6:30-8:00 p.m.	\$32/\$37	3902.203 EP



GOLF

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.

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.



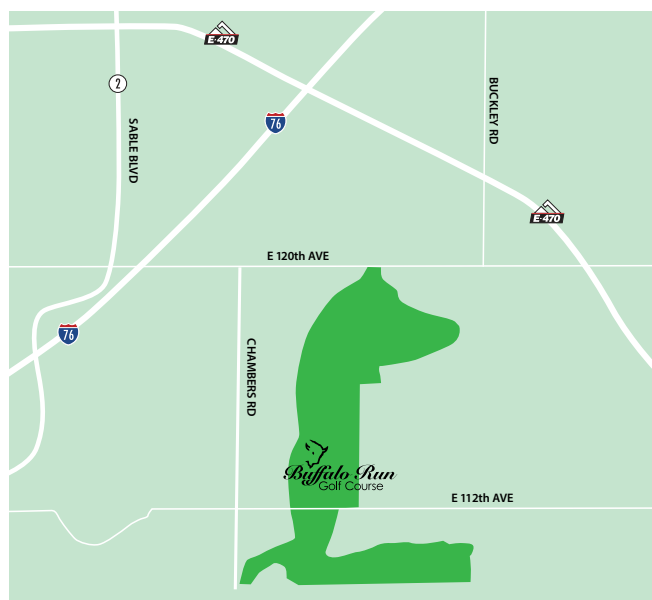
Summer Rates

May 4-October 4, 2020

	9 Hole	18 Hole
Resident		
Mon-Thur	\$18	\$32
Fri-Sun	\$22	\$37
Non-resident		
Mon-Thur	\$25	\$40
Fri-Sun	\$27	\$44
Senior Resident (62 and older)		
Tue-Thur (excludes holidays)	\$14	\$25
Senior Nonresident (62 and older)		
Tue-Thur (excludes holidays)	\$15	\$27
Senior Appreciation Day		
(all day Monday; holidays excluded)	\$10	\$20
Ladies Day (All day Tue., all year)		
(Before twilight/after twilight)	\$18/\$10	\$30/\$20
Junior (17 and younger)		
Mon-Thur	\$7	\$13
Fri-Sun (after 2 p.m.)		
Other Rates		
Cart rental (per person)	\$12	\$17
Pull cart	\$3	\$6
Club rental standard	\$8	\$13
Range balls	\$4 Small	\$6 Large

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

For more information on special twilight rates, call 303-289-1500 or visit BuffaloRunGolfCourse.com



JUNIOR PROGRAMS: AGES 5-13

Kids enjoy fun filled programs with friendly and professional golf instruction.

The First Tee Ages 5-11**Mondays Starting June 1**

Ages 5-6: 2:00-3:00 p.m. \$75 per player (6 weeks)

Ages 7-8: 3:15-4:15 p.m. \$100 per player (9 weeks)

Ages 9-11: 4:30-5:30 p.m. \$100 per player (9 weeks)

Visit www.thefirstteegreenvallयरanch.org/ to register. Space is limited.

JUNIOR GOLF MINI CAMP (AGES 8-12)

Our PGA golf professionals will provide instruction on fundamental golf skills from the basics of grip, stance, posture, and alignment, to more advanced skills, like reading greens. Your junior golfer will come away with an improved game and more confidence in their ability to hit the fairways and sink the putts!

March 24 12:00-1:30 p.m. \$25

March 26 12:00-1:30 p.m. \$25

June 10 8:30-10 a.m. \$25

June 24 8:30 - 10 a.m. \$25

July 8 8:30 - 10 a.m. \$25

July 22 8:30 - 10 a.m. \$25

BUFFALO RUN MEN'S CLUB

Join in the competition and enjoy the great game of golf in a social and competitive setting. Members of all skill ranges compete for prizes in flighted tournaments throughout the season in team and individual events. Call 303-289-1500 for more information.

GOLF DIVAS

Golf Diva events are ladies-only social golf events for fun and fabulous women! Space is limited, registration required.

May 12 5:30 p.m. 4-Player Scramble

June 9 5:30 p.m. 2-Player Scramble

June 30 5:30 p.m. 4-Player Scramble

July 14 5:30 p.m. 4-Player Scramble

Aug. 4 5:30 p.m. 2-Player Scramble

Aug. 25 5:30 p.m. 4-Player Scramble

\$45 per player (9-hole events)

NINE & DINE: \$99 PER COUPLE

Golf begins with a shotgun start, followed by dinner and awards at the Bison Grill.

5/2 5 p.m. Disney

6/6 5 p.m. The 80's

7/4 5 p.m. Red, White & Blue

8/1 5 p.m. Olympics

9/5 5 p.m. NFL

DISCOVER GOLF: \$75 PER PLAYER

A great introductory program for golfers of skills levels from beginner to intermediate. This one-day golf instructional program covers the basics of the full golf swing, putting, short game, and on-course play. Learn more about the basic rules of golf and golf course etiquette with our instructional discussions. Space is limited.

Session 1: April 19 2:00 - 5:00 p.m.

Session 1: April 26 2:00 - 5:00 p.m.

Session 1: May 3 2:00 - 5:00 p.m.

Session 1: May 17 2:00 - 5:00 p.m.

Session 1: May 24 2:00 - 5:00 p.m.

Session 1: May 31 2:00 - 5:00 p.m.

Session 1: June 7 2:00 - 5:00 p.m.

PRIVATE LESSONS

PGA trained instructors will help improve your skills with lessons that are tailored for each individual. Introductory packages include four lessons that prepare students to play on the course. Clubs and range balls are included in each lesson. Call 303-289-1500 for more information.

SALUTE TO MILITARY SERVICE: FREE

Buffalo Run provides veterans, retirees, and active duty service members the opportunity to attend FREE golf clinics.

Thursday July 9 6:00-8:00 p.m. Golf Clinic 1

Thursday July 16 6:00-8:00 p.m. Golf Clinic 2

Thursday July 23 6:00-8:00 p.m. On-Course Play Day

Thursday July 30 6:00-8:00 p.m. Golf Clinic 4

Thursday August 6 6:00-8:00 p.m. Golf Clinic 5

Thursday August 13 6:00-8:00 p.m. On-Course Play Day & Program Graduation

CLUB FITTING SERIES: \$10 PER FITTING*

Register today for a private fitting and the trained PGA professionals from Buffalo Run and our partners will provide you with a personal fitting with the latest technology and equipment. Fittings are scheduled for 45 minutes.

TaylorMade® & Callaway® April 4
Fittings available from 10:00 a.m.-2:00 p.m.

Cleveland/Srixon® & Ping® April 18
Fittings available from 10:00 a.m.-2:00 p.m.

Titleist® & Mizuno® May 16
Fittings available from 10:00 a.m.-2:00 p.m.

TaylorMade® & Callaway® May 30
Fittings available from 10:00 a.m.-2:00 p.m.

BUFFALO RUN NOW OFFERS AN ANNUAL PASS!

You'll love the great benefits such as unlimited green fees and a reduced cart fee of \$10 plus tax. Visit BuffaloRunGolfCourse.com or call 303-289-1500 for more information.

GYMNASTICS

Beginning level classes focus on movement.

Registration for parent-taught and pre-gymnastics starts April 6th.

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

ASK ABOUT OUR RECREATION SCHOLARSHIP PROGRAM ASSISTANCE WHEN REGISTERING FOR CLASSES OVER \$21. SOME EXCLUSIONS APPLY.

PARENT-TAUGHT

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

Ages 2-4 and parent

Mon 5/11-6/22	9:30-10:15 a.m.	2101.205
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

**No class 5/25.*

Mon 5/11-6/22	11:30-12:15 p.m.	2101.206
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

**No class 5/25.*

Tue 5/12-6/16	9:30-10:15 a.m.	2101.201
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

Fri 5/15-6/19	9:30-10:15 a.m.	2101.202
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

Fri 5/15-6/19	10:30-11:15 a.m.	2101.203
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

Sat 5/16-6/20	9-9:45 a.m.	2101.204
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

Mon 7/6-8/10	9:30-10:15 a.m.	2102.205
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

Mon 7/6-8/10	11:30-12:15 p.m.	2102.206
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

Tue 7/7-8/11	9:30-10:15 a.m.	2102.201
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

Fri 7/10-8/14	9:30-10:15 a.m.	2102.202
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

Fri 7/10-8/14	10:30-11:15 a.m.	2102.203
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

Sat 7/11-8/15	9-9:45 a.m.	2102.204
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

PRE-GYMNASTICS

Instructors introduce children to basic gymnastics using all types of equipment in this coed class. Boys and girls will explore how their bodies move using songs, balls and parachutes. This class helps children improve coordination, motor skills, self-confidence and listening skills.

Ages 4-5

Mon 5/11-6/22	10:30-11:15 a.m.	2201.206
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

**No class 5/25.*

Mon 5/11-6/22	12:30-1:15 p.m.	2201.207
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

**No class 5/25.*

Tue 5/12-6/16	10:30-11:15 a.m.	2201.201
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

Tue 5/12-6/16	11:30-12:15 p.m.	2201.202
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

Fri 5/15-6/19	11:30-12:15 p.m.	2201.203
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

Sat 5/16-6/20	10-10:45 a.m.	2201.204
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

Sat 5/16-6/20	11-11:45 a.m.	2201.205
by 5/5 \$24/\$34	on 5/6 \$34/\$44	

Mon 7/6-8/10	10:30-11:15 a.m.	2202.206
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

Mon 7/6-8/10	12:30-1:15 p.m.	2202.207
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

Tue 7/7-8/11	10:30-11:15 a.m.	2202.201
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

Tue 7/7-8/11	11:30-12:15 p.m.	2202.202
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

Fri 7/10-8/14	11:30-12:15 p.m.	2202.203
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

Sat 7/11-8/15	10-10:45 a.m.	2202.204
by 6/30 \$24/\$34	on 7/1 \$34/\$44	

Sat 7/11-8/15	11-11:45 a.m.	2202.205
by 6/30 \$24/\$34	on 7/1 \$34/\$44	



Early registration for beginning, advanced beginning and intermediate class levels starts April 27th for residents and April 29th for non-residents for session 1, ending on May 5th. Starting May 6th, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Session 2 early registration opens June 23rd for residents, and June 25th for non-residents, ending on June 30th. Starting on July 1st, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Please register early to secure your spot and enjoy the discounted rates.

BEGINNING GYMNASTICS

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

Ages 6-17

Mon 5/11-6/22	4:30-5:30 p.m.	2301.201
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

*No class 5/25.

Mon 5/11-6/22	5:30-6:30 p.m.	2301.202
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

*No class 5/25.

Mon 5/11-6/22	7:30-8:30 p.m.	2301.207
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

*No class 5/25.

Mon 5/11-6/22	7:30-8:30 p.m.	2301.208
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

*No class 5/25.

Wed 5/13-6/17	1-2 p.m.	2301.210
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Wed 5/13-6/17	4:30-5:30 p.m.	2301.203
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Wed 5/13-6/17	6:30-7:30 p.m.	2301.204
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Wed 5/13-6/17	7:30-8:30 p.m.	2301.205
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Wed 5/13-6/17	7:30-8:30 p.m.	2301.209
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Sat 5/16-6/20	Noon-1 p.m.	2301.206
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Mon 7/6-8/10	4:30-5:30 p.m.	2302.201
by 6/30 \$29/\$39	on 7/1 \$39/\$49	

Mon 7/6-8/10	5:30-6:30 p.m.	2302.202
by 6/30 \$29/\$39	on 7/1 \$39/\$49	

Mon 7/6-8/10	7:30-8:30 p.m.	2302.207
by 6/30 \$29/\$39	on 7/1 \$39/\$49	
Mon 7/6-8/10	7:30-8:30 p.m.	2302.208
by 6/30 \$29/\$39	on 7/1 \$39/\$49	
Wed 7/8-8/12	1-2 p.m.	2302.210
by 6/30 \$29/\$39	on 7/1 \$39/\$49	
Wed 7/8-8/12	4:30-5:30 p.m.	2302.203
by 6/30 \$29/\$39	on 7/1 \$39/\$49	
Wed 7/8-8/12	6:30-7:30 p.m.	2302.204
by 6/30 \$29/\$39	on 7/1 \$39/\$49	
Wed 7/8-8/12	7:30-8:30 p.m.	2302.205
by 6/30 \$29/\$39	on 7/1 \$39/\$49	
Wed 7/8-8/12	7:30-8:30 p.m.	2302.209
by 6/30 \$29/\$39	on 7/1 \$39/\$49	
Sat 7/11-8/15	Noon-1 p.m.	2302.206
by 6/30 \$29/\$39	on 7/1 \$39/\$49	

ADVANCED BEGINNING GYMNASTICS

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

Ages 6-17

Mon 5/11-6/22	4:30-5:30 p.m.	2311.201
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

*No class 5/25.

Mon 5/11-6/22	6:30-7:30 p.m.	2311.202
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

*No class 5/25.

Wed 5/13-6/17	5:30-6:30 p.m.	2311.203
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Fri 5/15-6/19	4:30-5:30 p.m.	2311.205
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Sat 5/16-6/20	Noon-1 p.m.	2311.204
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Mon 7/6-8/10	4:30-5:30 p.m.	2312.201
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Mon 7/6-8/10	6:30-7:30 p.m.	2312.202
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Wed 7/8-8/12	5:30-6:30 p.m.	2312.203
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Fri 7/10-8/14	4:30-5:30 p.m.	2312.205
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

Sat 7/11-8/15	Noon-1 p.m.	2312.204
by 5/5 \$29/\$39	on 5/6 \$39/\$49	

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 advanced beginning-level skills and have instructor's approval to move up to the intermediate level.

Ages 6-17

Mon 5/11-6/22	6-7:30 p.m.	2321.201
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by 5/5 \$32/\$42	on 5/6 \$42/\$52
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*No class 5/25.

Wed 5/13-6/17	6-7:30 p.m.	2321.202
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by 5/5 \$32/\$42	on 5/6 \$42/\$52
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Sat 5/16-6/20	2:30-4 p.m.	2321.203
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by 5/5 \$32/\$42	on 5/6 \$42/\$52
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Mon 7/6-8/10	6-7:30 p.m.	2322.201
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by 6/30 \$32/\$42	on 7/1 \$42/\$52
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Wed 7/8-8/12	6-7:30 p.m.	2322.202
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by 6/30 \$32/\$42	on 7/1 \$42/\$52
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Sat 7/11-8/15	2:30-4 p.m.	2322.203
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by 6/30 \$32/\$42	on 7/1 \$42/\$52
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CARA teams offer chance to compete in gymnastics

Registration for all CARA team level programs start April 6. 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

Fri 5/1-5/29	5:30-7:30 p.m.	2441.201
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by 4/25 \$50/\$60	on 4/26 \$60/\$70	5 wks
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Fri 5/1-5/29	5:30-7:30 p.m.	2441.202
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by 4/25 \$50/\$60	on 4/26 \$60/\$70	5 wks
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Fri 6/5-6/26	5:30-7:30 p.m.	2442.201
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by 5/30 \$40/\$50	on 5/31 \$50/\$60	4 wks
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Fri 6/5-6/26	5:30-7:30 p.m.	2442.202
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by 5/30 \$40/\$50	on 5/31 \$50/\$60	4 wks
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Fri 7/10-7/31	5:30-7:30 p.m.	2443.201
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by 7/4 \$40/\$50	on 7/5 \$50/\$60	4 wks
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Fri 7/10-7/31	5:30-7:30 p.m.	2443.202
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by 7/4 \$40/\$50	on 7/5 \$50/\$60	4 wks
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Fri 8/7-8/21	5:30-7:30 p.m.	2444.201
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by 8/1 \$30/\$40	on 8/2 \$40/\$50	3 wks
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Fri 8/7-8/21	5:30-7:30 p.m.	2444.202
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by 8/1 \$30/\$40	on 8/2 \$40/\$50	3 wks
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CARA GIRLS GYMNASTICS TEAM COMPULSORY LEVEL 3 AND 4

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

Ages 6-17

Tue/Thu 5/5-5/28	5:30-7:30 p.m.	2401.201
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by 4/29 \$90/\$100	on 4/30 \$100/\$110	4 wks
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Tue/Thu 6/2-6/30	5:30-7:30 p.m.	2402.201
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by 5/27 \$101/\$111	on 5/28 \$111/\$121	4.5 wks
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Tue/Thu 7/7-7/30	5:30-7:30 p.m.	2403.201
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by 7/1 \$90/\$100	on 7/2 \$100/\$110	4 wks
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Tue/Thu 8/4-8/20	5:30-7:30 p.m.	2404.201
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by 7/29 \$68/\$78	on 7/30 \$78/\$88	3 wks
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CARA GIRLS GYMNASTICS TEAM OPTIONAL LEVELS

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

Ages 6-17

Tue/Thu 5/5-5/28	7:15-9:15 p.m.	2411.201
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by 4/29 \$90/\$100	on 4/30 \$100/\$110	4 wks
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Tue/Thu 6/2-6/30	7:15-9:15 p.m.	2412.201
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by 5/27 \$101/\$111	on 5/28 \$111/\$121	4.5 wks
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Tue/Thu 7/7-7/30	7:15-9:15 p.m.	2413.201
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by 7/1 \$90/\$100	on 7/2 \$100/\$110	4 wks
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Tue/Thu 8/4-8/20	7:15-9:15 p.m.	2414.201
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by 7/29 \$68/\$78	on 7/30 \$78/\$88	3 wks
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CARA OPTIONAL TEAM DROP IN

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

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

Sat 5/16-6/20	2:30-4:00 p.m.	2351.201
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by 5/5 \$32/\$42	on 5/6 \$42/\$52
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Sat 7/11-8/15	2:30-4:00 p.m.	2352.201
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by 6/30 \$32/\$42	on 7/1 \$42/\$52
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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

Tue/Thu 5/12-6/18	4:30-5:30 p.m.	2361.201
by 5/5 \$37/\$47	on 5/6 \$47/\$57	
Tue/Thu 7/7-8/13	4:30-5:30 p.m.	2362.201
by 6/30 \$37/\$47	on 7/1 \$47/\$57	

PRE-SCHOOL DROP IN

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

Friday's 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

PARKS AND TRAILS

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.

Veterans Memorial Park renovation begins

New park will be the city's first all-inclusive outdoor space

Commerce City celebrated the start of renovations at Veterans Memorial Park with a snowy groundbreaking ceremony on Friday, Feb. 7. The park is undergoing renovations to become the first all-inclusive park in Commerce City.

Located next to the Eagle Pointe Recreation Center at 6150 Forest Dr., Veterans Memorial Park has been an important gathering space for residents and surrounding neighborhoods since 1971. The renovated 2.6-acre site will feature universally designed, sensory-rich environments for users of all ages and capabilities to enjoy. Amenities include:

- All-inclusive playground and nature playground
- Labyrinth for reflection and exercise
- ADA-accessible features such as sidewalk ramps and picnic tables
- Sheltered picnic areas with electricity
- Raised landscape beds for educational youth programs
- Native landscaping and entryway plaza
- Restrooms

The renovations should be complete in time for the park to reopen this summer. Learn more about the project and see the renderings of the new park design at c3gov.com/QCL.

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.

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.

City Offers 20 Parks with Many Amenities

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

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.

COMMERCE CITY YOUTH SPORTS

DEVELOP TEAMWORK
LEARN SPORTSMANSHIP
BUILD FRIENDSHIPS AND GET ACTIVE!

Youth Baseball

T-BALL

This beginner program introduces children to the great American pastime, focusing on the fundamentals of throwing, catching and hitting a baseball. Teams meet once a week for practice and instructional league play on Thursday or Friday evenings at Pioneer Park.

Ages: 5-6 years as of 6/1/20

Registration Deadline: 5/3 5001.201

Start Date: Week of 5/18

Early Bird: 4/26 \$50/\$60

After 4/26: \$60/\$70

COACH PITCH

This program incorporates instruction with league play. Coach Pitch teaches the fundamentals of hitting and fielding in a game setting, along with an introduction to hitting a live pitch. Teams meet twice a week for practice; games are scheduled on Monday and Wednesday evenings at Pioneer Park.

Ages: 7-8 years as of 6/1/20

Registration Deadline: 5/3 5101.201

Start Date: Week of 5/18

Early Bird: 4/26 \$55/\$65

After 4/26: \$65/\$75

PEE WEE

This exciting and challenging program develops the fundamentals of baseball and promotes teamwork and sportsmanship. The program focuses on improving the basic skills of hitting and fielding, along with players' pitching. Teams meet twice a week for practice; games are scheduled on Tuesday and Thursday evenings at Pioneer Park.

Ages: 9-10 years as of 6/1/20

Registration Deadline: 5/3 5201.201

Start Date: Week of 5/18

Early Bird: 4/26 \$60/\$70

After 4/26: \$70/\$80

JUNIOR DIVISION

This program further develops the fundamentals of baseball and promotes teamwork and sportsmanship. Teams focus on improving skills while learning the details of baseball. Teams meet twice a week for practice; games are scheduled on Mondays and Wednesdays at Pioneer Park.

Ages: 11-12 years as of 6/1/20

Registration Deadline: 5/3 5301.201

Start Date: Week of 5/18

Early Bird: 4/26 \$65/\$75

After 4/26: \$75/\$85

SENIOR DIVISION

This recreational program continues to promote teamwork and sportsmanship. Players will focus on developing all skills of the game. Teams meet twice a week for practice; games are scheduled for Tuesdays and Fridays in Commerce City and the surrounding small towns (i.e. Platteville, Hudson, Fredrick). Top teams qualify for an end of season tournament.

Ages: 13-14 years as of 6/1/20

Registration Deadline: 5/3 5401.201

Start Date: Week of 5/18

Early Bird: 4/26 \$70/\$80

After 4/26: \$80/\$90

COLORADO ROCKIES SKILLS CHALLENGE

The Colorado Rockies Skills Challenge is a baseball competition that allows youth to showcase their talents in base running, batting and throwing. Scores will be based on speed, distance and accuracy. Top scores from each age group will advance to a sectional competition. Top sectional scores from each age group will advance to the state championship held at Coors Field, home of the Colorado Rockies. No registrations will be taken after the start of the competition. Participation cost: FREE

Registrations will be held the day of the event, please arrive 30 minutes prior to the start time to register.

Ages: 6-13 years (age of 12/31/20)

Sat 6/13

Location: Field #1 at Fairfax Park in Commerce City

Start Times:

6-9 year olds • 9 a.m.

10-13 year olds • 10:30 a.m.

For additional information contact Nic Jones, youth sports coordinator at njones@c3gov.com

Umpires, We Need You!

Are you an umpire? Do you want to be an umpire? Commerce City is now looking for umpires for the upcoming summer baseball season. Games are Monday through Friday evenings beginning in early June and going through the end of July. A free clinic will be held prior to the season; this training is intended for everyone including those getting behind the plate for the first time all the way to the experienced umpire. It will cover rules, mechanics, techniques, policies and procedures. Lecture and field techniques will also be included in the instruction. Call Nic Jones for dates times, and other information at 303-289-3705 or email njones@c3gov.com.

WEATHER HOTLINE

CALL AFTER 5 P.M.

303-289-3757 OR

visit TEAMSIDELINE.COM/COMMERCECITY

YOUTH SPORTS REGISTRATION

Bison Ridge 303-286-6801

Eagle Pointe 303-289-3789

c3gov.com/register

GET SOCIAL • facebook.com/commercecityparksrecgolf • instagram.com/commercecityparksrecgolf

Summer Camp Series

ELEVATE YOUR GAME!

VOLLEYBALL DEVELOPMENT CAMP

This fun and challenging camp will develop the basic fundamentals of volleyball, while focusing on teamwork and individual skill development. Each player receives a camp give-a-way. Camp is at the Eagle Pointe Recreation Center.

Registration Deadline: 7/5	5021.204
\$50/\$60	
Ages 9-11: 9 a.m. to 10:30 a.m. each day	
Ages 12-14: 10:30 a.m. to 12:00 p.m. each day	
July 21st through July 23rd	

SOCCER SKILLS CAMP

Learn how to improve the fundamental soccer skills of passing, dribbling, shooting, and footwork in this camp. All participants receive a camp give-a-way. Camp is located at Fronterra Park.

Contact

Nic Jones at 303-289-3705 for more information.

Registration Deadline: 7/5	5021.201
7/14-7/16	
Ages 6-9: 9 a.m. to 11 a.m.	
Ages 10-13: 11 a.m. to 1 p.m.	

LACROSSE

Commerce City Recreation is partnering with the Bison Lacrosse Club to run a fun and challenging three day skills camp. Participants receive a shirt and a portion of each registration fee will be given to the Bison Lacrosse Club for their scholarship program. Camp is located at River Run Park.

Helmets and sticks are the only required equipment and we may have some equipment that can be borrowed for this camp.

Contact

Nic Jones at 303-289-3705 for more information. Registration

Registration Deadline 7/8	5021.207
Grades 1-8	7/21-7/23 6-8 p.m./daily
\$50/\$60	

Registration Information

The parks and recreation department forms teams based on school boundaries; parents please be sure to register your child for the public elementary school he or she attends or that is in your home boundaries. Proof of address or enrolment verification may be required before start of season. We will do our best to form teams for each school and to have practices take place at these locations. If teams are unable to be formed at your particular school, we will combine schools/teams that are in close proximity. Registrations requests after the deadline will be put on a waitlist. After the registration deadline, waitlisted players may be added to a team if a player drops out before mid-season. Registrations and waitlisted players are on a first-come, first serve basis.

During the season, teams use local schools' fields or gyms for practice. When there are conflicting uses, recreation staff will work to arrange an alternate location; however, practices may be canceled in rare cases. City staff makes every effort to find coaches for each team. If unable to find a coach, a staff member will run the first practice with assistance from the players' parents. If a coach is not found prior to the first scheduled game, the team may be cancelled. This is always the last resort, so parents please help us find that perfect coach. If you know someone who is interested in coaching, please pass along contact information to Nic Jones at njones@c3gov.com

Our Youth Sports Philosophy

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

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

Make a difference and coach youth sports

The Commerce City Parks, Recreation and Golf department relies on volunteers to coach youth sports. All it takes to be a successful coach in the program is a willingness and desire to help children. You can ensure each child has a great experience in organized sports by learning the skills necessary for successful coaching through the National Youth Sports Coaches Association (NYSCA). All coaches for Commerce City youth athletic programs complete NYSCA classes at the recreation center. These classes are provided free of charge for all volunteers. NYSCA teaches coaches how to ensure that each child participating in a sports program has fun, shows progress in the sport, and ultimately, wants to come out and play again. If you are ready to be a youth sports coach or would like additional information please contact the youth sports coordinator, Nic Jones, at njones@c3gov.com

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.

Additional information can be found on
teamsideline.com/commercecity

YOUTH SPORTS REGISTRATION

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

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 lowcost registration fees for tackle football, girls' softball and cheerleading. CCYA's mission is to teach children the importance of commitment, discipline and teamwork. Programs are designed to promote physical and mental health, as well as create pride in the community. For more information, visit www.leaguelineup.com/ccyaraiders or contact the specific sport director below. All equipment is provided by CCYA for use during season (must be returned at end of program).

RAIDERS TACKLE FOOTBALL (FALL)

Ages 6-14

Commerce City's oldest youth sports provider, a very successful private youth sports program that offers youth tackle football for ages 7 through 13. Equipment will be provided for use throughout the season. Practices are held 3 times per week after school at local facilities. Games take place on Saturdays throughout the Northern Metro Area.

Registrations: July

Season: Aug.-Nov.

Director: Chuck Ingram, 303-286-7669

LADY RAIDERS - CHEERLEADING SQUAD (FALL)

Ages 5-14

Registration: July

Season: Aug.-Nov.

Director: Kathy Eggleston, 303-419-2584

GIRLS SOFTBALL (SPRING)

Ages 5-18

Registration: Feb.-Mar.

Season: Apr.-June

Director: Bryon Guyer

Call 303-903-0047 or email bndguyer@msn.com

ADAMS CITY WRESTLING CLUB

The ACWC provides opportunities for all youth to develop their wrestling skills to the highest level possible. Practices are held Monday through Thursday in the evening at Adams City High

School and matches take place on weekends throughout the greater metro-Denver area. ACWC participates in the Western Suburban League.

Ages 4-14

Registration: Ongoing

Season: Nov.-Mar.

Director: 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 at 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 or Contact Gordon Lancaster at 720-273-7933.



BISON LACROSSE CLUB (SPRING/SUMMER/FALL)

We offer youth lacrosse for all levels of experience in grades 1-12. Grades 1-8 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. Grades 9-12 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

NORTH SUBURBAN THUNDER POP WARNER FOOTBALL ASSOCIATION (FALL)

National competitive football league for youth ages 5-14. Pop Warner offers both unlimited weight and age/weight based divisions so that no child is left behind. Pop Warner is the largest youth football league in country. Rookie Tackle is available for ages 5-7. All coaches are USA Football certified and background checked annually. Want to compete on a national stage? 75% of all NFL players played Pop Warner Football. Contact us today! President: Andrew Leschnik 720-940-1941 or visit www.nsthunder.com



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

ADULT SPORTS

Adult Drop-In Programs

DROP-IN PICKLEBALL AT BISON RIDGE

Beginner & Intermediate

Tuesdays 9:30 a.m. to 11 a.m.

Thursdays 9:30 a.m. to 11 a.m.

Intermediate and Advanced

Tuesdays 5:30 a.m. to 9:30 a.m.

Thursdays 5:30 a.m. to 9:30 a.m.

Advanced

Fridays 5:30 a.m. to 10:00 a.m.

All Levels

Sundays 8:30 a.m. to 12:00 p.m.

DROP-IN VOLLEYBALL

Bison Ridge – Gym #3

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

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

Eagle Pointe – Gym #3

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

Adult Sports Leagues

SUMMER SOFTBALL LEAGUE - COED

Get a team of five men and five women together for adult coed softball league beginning in May. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Wednesday, April 15 at 6 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

Wednesday nights 5/6 - 7/15

COED E-Rec

\$530/\$550 (10 Games)

SUMMER SOFTBALL LEAGUE - MEN'S

Join the fun of adult men's evening softball beginning in May. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Thursday, April 16 at 6 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

Tuesday nights 5/5-7/14

Men's E-Rec \$530/\$550 (10 Games)

Thursday nights 5/7-7/16

Industrial E-Rec \$530/\$550 (10 Games)

FALL SOFTBALL LEAGUE - COED

Looking for a fun outdoor activity in the fall? Get a team together for adult coed softball, beginning in August. Teams are made up of an even number of men and women. A team representative must attend the league meeting, 6 p.m. Wednesday, July 22, at the Eagle Pointe Recreation Center. Games will be played at Pioneer Park.

Wednesday nights 8/5 - 10/7

COED E-Rec

\$530/\$550 (10 Games)

FALL SOFTBALL LEAGUE - MEN'S

Be a part of the fun this fall and join a men's evening softball league. Games beginning in August. A team representative must attend the league meeting at 6 p.m. Thursday, July 23, at the Eagle Pointe Recreation Center. Games will be played at Pioneer Park.

Tuesday nights 8/4 - 10/6

Men's E-Rec \$530/\$550 (10 Games)

Thursday nights 8/6 - 10/8

Industrial E-Rec \$530/\$550 (10 Games)

NEW* FALL FUTSAL LEAGUE - MEN'S

Introducing a new and exciting adult sports league in Commerce City. Get a team together and have a great time playing a scaled down version of outdoor soccer that is enjoyed across the world. Games begin in August and go to October. A team representative must attend the league meeting at 6 p.m. Monday, July 20, at the Eagle Pointe Recreation Center. Games will be played at Fairfax Park.

Monday nights 8/3 - 10/5

Men's E-Rec \$530/\$550 (10 Games)

NEW* FALL VOLLEYBALL LEAGUE - COED

We are bringing back our outdoor coed volleyball league. Get a team together and have a great time playing outside in the sand. Games begin in August and go to October. A team representative must attend the league meeting at 7 p.m. Monday, July 20, at the Eagle Pointe Recreation Center. Games will be played at Monaco Park.

Monday nights 8/3 - 10/5

COED E-Rec \$175/\$200 (10 Games)

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

Fine-tune your swing. Ideal for team and individual practice. For more information, call 303 289-3706 during business hours or call 303-287-4905 during the hours listed below.

Pioneer Park, 5902 Holly St. (60th and Holly)

- Seven cages, each with dual machines and lights
- Slow-pitch softball and various speeds for baseball

Fee: \$1.50 for 15 pitches

• \$20 – punch card good for 15 tokens

• \$25 per half-hour (one stall)

• \$40 per hour (one stall)

Spring hours, 4/4-5/29

Mon–Fri, 4:00-8:00 p.m.

Sat–Sun, noon-5:00 p.m.

Summer hours, 5/30 - 8/2

Mon–Fri, 3-8:30 p.m.

Sat–Sun, Noon-8:00 p.m.

Fall hours, 8/3-10/4

Mon–Fri, 4:00-8:00 p.m.

Sat–Sun, noon-5:00 p.m.

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

Safety equipment

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

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).

YOUTH (AGES 6-10)

KIDZ ONLY

Need a break from your parents? Join us for Kidz Only. We play games, make crafts, and build friendships.

Ages 6-10

4/3 F	6:00-8:30 p.m.	\$10/\$12	7654.101 BR
4/10 F	6:00-8:30 p.m.	\$10/\$12	7604.101 EP
5/1 F	6:00-8:30 p.m.	\$10/\$12	7655.101 BR

MASTERPIECE MANIA

Unleash your creativity as you study the lives, styles, and techniques of art masters. Then recreate some of their most famous pieces, giving each your own unique twist.

Ages 6-10

4/2-4/23 Th	6:00-7:00 p.m.	\$60/\$75	7201.201 EP
4/29-5/20 W	3:00-4:00 p.m.	\$60/\$75	7251.201 BR

MARIACHI EXPLORATION

Dive into the history, traditions, and song forms of this popular musical style that originated in Mexico.

Ages 6-10

4/6-4/27 M	11:30 a.m.-1:30 p.m.	\$30/\$45	7663.101 BR
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GADGETS AND GIZMOS

LEGO engineers construct a mini-figure launcher, learn about gear ratios with the paper crinkler model, and compete against your friends with the battle tops machine! Program offered in partnership with Bricks 4 Kidz.

Ages 6-10

5/4-5/18 M	11 a.m.-12 p.m.	\$52/\$59	7251.202 BR
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CODE WITH BOTS

Program your Sphero robot to rock, roll, and light its way through mazes and over obstacles in this introductory coding class.

Ages 6-10

4/4-4/25 Sa	12:00-2:00 p.m.	\$30/\$40	7612.101 EP
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VIDEO GAME DESIGN

From program navigation to spatial planning and game mechanics to story development, explore the basics of video game design on a Raspberry Pi.

Ages 9-13

5/5-5/19 Tu	5:30-7 p.m.	\$35/\$45	7201.203 EP
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WILDLIFE WONDERS

Explore the outdoors and discover the wildlife found in the great state of Colorado.

Ages 6-10

5/9-5/23 Sa	12:00-2:00 p.m.	\$30/\$40	7614.101 EP
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RECESS GAMES

Come get your game on for Kids to Parks Day with all the playground favorites including kickball, gaga and capture the flag. Meet at Fronterra Park.

Ages 6-10

5/16 Sa	10:00 a.m.-12:00 p.m.	\$2/\$5	7251.203
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Fronterra Park

INTRO TO ARCHERY

Learn safety, form, shot sequence, and focus. Bows are available to all participants. Pick up and Drop off at Eagle Pointe and Bison Ridge Recreation Centers. Transportation provided to archery ranges.

Ages 7-10

8/8-8/29 Sa	9:30 a.m.-12:00 p.m.	\$60/\$75	7203.201 EP
8/8-8/29 Sa	9:30 a.m.-12:00 p.m.	\$60/\$75	7251.204 BR

FITNESS AND FUN-FITNESS CLASS FOR KIDS

Take exercising to whole new level of fun. In this class, kids will learn the importance of fitness and health through physical games and competitions that will get their heart rates up, channel their energy, and build lifelong healthy habits.

Ages 7-11

7/10-7/31 F	9:00-10:00 a.m.	\$40/\$45	3262.201 BR
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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

7/11-8/15 Sa	10:15-11:00 a.m.	\$40/\$45	8211.201 EP
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Guitar Heroes Level 2

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

Ages 8-15

7/11-8/15 Sa	11:15 a.m.-12 p.m.	\$40/\$45	8221.201 EP
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ASK ABOUT OUR RECREATION SCHOLARSHIP PROGRAM ASSISTANCE WHEN REGISTERING FOR CLASSES OVER \$21. SOME EXCLUSIONS APPLY.

Drop In Programs and Activities

COPS VS KIDS AGES 9-17

Come see how you rank against the cops. Bring your friends and join in this friendly competition.

4/17 F Human Foosball Fronterra Park Check in at 4:45 p.m.

MIDDLE SCHOOL MADNESS GRADES 6-8

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

Saturdays 7:15-10:00 p.m. No entry after 8:00 p.m. \$2/person

BR	EP
April 4	May 2
April 11	May 9

TEEN NIGHTS AROUND TOWN: AGES 11-17

Enjoy an outdoor party with music, inflatables, games, sports, and food at a neighborhood park near you.

Wednesdays	5:00-7:30 p.m.	FREE
5/20	Fronterra Park	
6/03	Rose Hill Grange	
6/17	River Run	
7/08	Fairfax	
7/22	Turnberry	
8/05	Pioneer	
8/19	Fronterra	

BIKE WITH A COP AGES 9-17

FREE! Spend the day on your bike with Commerce City police officers. Participants receive safety information and equipment such as helmets; learn how to maintain your bike, learn the rules/laws of the road and trails, and how to get help while biking. Participants must be prepared to ride for 3-5 miles.

6/12 F	Fronterra Park	Ride begins at 9:00 a.m.
6/19 F	BR	Ride begins at 9:00 a.m.
7/17 F	Alsup Elementary	Ride begins at 9:00 a.m.
8/07 F	Thimmig Elementary	Ride begins at 9:00 a.m.

TEENS (AGES 11-17)

BOXING

Boxing is fun, builds self-confidence and teaches self-discipline. Transportation to and from the gym is provided from Eagle Pointe Recreation Center and Bison Ridge Recreation Center. FREE for residents if participant meets attendance requirements.

Ages 11-17

Thursdays	5:00-8:00 p.m.	5:30-8:30 p.m.
Dates	Eagle Pointe	Bison Ridge
4/2-4/30	7904.102	7904.103
5/7-5/21	7901.202	7901.203

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 14-17

4/20 M	5:30-8:00 p.m.	\$5/\$10	7851.103 BR
4/21 T	5:30-8:00 p.m.	\$5/\$10	7801.106 EP

HORSE TREK

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

Ages 11-17

4/18-5/9 Sa	9:00 a.m.-2:00 p.m.	\$75/\$90	7801.103 EP
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SPORTS JAM

Enjoy college, semi-pro and professional sports games with your friends, both new and old!

Ages 14-17

4/17 F	6:00-10:00 p.m.	\$30/\$40	7851.204 BR
Colorado Mammoth			
5/6 W	6:00-10:00 p.m.	\$20/\$30	7801.203 EP
Colorado Rapids			

SPRING GALLERY

Discover your artistic side with an afternoon of spring crafting hosted by Gallery on the Go! All supplies and instruction are provided. Create a masterpiece with your friends that you'll be able to take home and cherish.

Grades 6-8

4/6-4/27 M	3:00-5:00 p.m.	\$50/\$60	7851.203 BR
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3D PRINT LAB

Explore the rapidly expanding world of 3D printing! Experience the printing process from start to finish: learn proper maintenance and safety procedures, change filament, then clean and prep the build plate to make the best possible print.

Grades 6-8

5/4-5/18 M	3-5:00 p.m.	\$60/\$70	7851.205 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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HOOKED ON FISHING

Come spend your day learning about tying knots, preparing the hook, casting and more. Learn a life sport you will enjoy forever! Taught by Commerce City police and recreation staff.

Ages 11-14

6/9-6/12	8:30-10:30 a.m.	\$15/\$25	7801.201 EP
6/9-6/12	1:30-3:30 p.m.	\$15/\$25	7851.206 BR

Friday June 12th: Class is held 8:00 a.m.-2:30 p.m. for both classes. Participants travel to Barr Lake for fishing. Lunch is provided.

PROJECT GROW SERIES

Sand Creek Greenway offers a large variety of native Colorado plants. Learn to care for them with this hands on series. Registration includes all 3 dates. Meet at Eagle Pointe Recreation Center and travel off-site.

Ages 11-17

6/6 Sa	9:30 a.m.- 12:00 p.m.	\$10/\$15	7801.206 EP
7/11 Sa	1:30-3:30 p.m.		
8/8 Sa	1:30-3:30 p.m.		

TEEN DUSK EXPLORATION

Build memories through a hike at dusk. Explore the area and animals that call Sand Creek Greenway home. End the night with a campfire and smores. Meet at Eagle Pointe Recreation Center and travel off-site.

Ages 11-17

8/4 Tu	6:00-8:00 p.m.	\$5/\$10	7801.207 EP
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ADVENTURE EXPLORERS: WATER SERIES

Adventure is calling with our first ever water adventure series! Join us for 4 days of water fun and excitement.

Ages 11-17

8/3-8/6 M-Th	8:00 a.m.-3:00 p.m.	\$140/\$165	7851.207 BR
8/3- White Water Rafting			
8/4- Stand Up Paddleboard			
8/5- Cave Tours- Spelunking			
8/6- Kayaking			

MOUNTAIN WARRIORS

Travel to the mountains for fresh air and hiking. Practice survival skills such as leave no trace, filtering water, and using a compass along the way.

Ages 11-17

6/5-7/24 F	8:30 a.m.-2:30 p.m.	\$80/\$100	7851.208 BR
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Want to Get Involved?**Youth and Teen Advisory Committee – be a part of it!**

YAC members are youth 11-17 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.

Would you like to be a new YAC member?

We would love to have you join us for the 2019-2020 school year. Pick up an application at Eagle Point or Bison Ridge Recreation Center, or download one from our Web site at www.c3gov.com/epic or call 303-289-3674.

SUMMER CAMPS**Career Exploration and Leadership Camps****YOUTH CITIZENS POLICE ACADEMY**

Are you too old for Police Camp but still hungry for more? Or do you want to know more about the work that our local law enforcement does? Take it to the next level with this interactive, hands-on and engaging academy for those who want to experience the work of a police officer.

Grades 9-12

June 2-5 Tu-F	9:00 a.m.-1:00 p.m.	FREE	7801.204
Adams City High School			

FEMALE FIRST RESPONDER

Come experience this hands-on program where you learn what it is like to become a first responder working with Commerce City Police Department, Northglenn Ambulance and South Adams Fire Department.

Ages 14-18

6/9 & 6/10 Tu/W	9:00 a.m. – 1:00 p.m.		
6/11 Th	9:00 a.m. – 5:00 p.m.	\$25/\$30 for all 3 days	
7851.202 BR			
NEW! Optional 4th day CPR/First Aid Certification!			
6/12 F	9:00 a.m.- 3:00p.m.	\$10/\$15	7851.209 BR

MINI POLICE CAMP

Take part in this action packed Police experience. Discover all the different aspects of Police work. This day camp gets your heart pounding with live demos, building searches, SWAT, K9-Unit and more!

Ages 10-12

6/16-6/19 Tu-F	8 a.m.-12 p.m.	\$30/\$45	7851.201 BR
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POLICE CAMP

Want a close-up look at the exciting side of local law enforcement? Join police officers and recreation staff for an action-packed campout. This is four days and three nights of activities including demos, building searches, SWAT, and much more. Police camp includes fun but physical activities including hiking, low ropes course, and other active elements. Drop off at Eagle Pointe Recreation Center (6060 E. Parkway Drive). Pick up at Adams City High School (7200 Quebec Parkway).

Ages 11-15

7/27-7/30 M-TH	Time: 7/27 - 7am drop off @ Eagle Pointe 7/30 - 4:30p.m. @ ACHS pick up/graduation		
7801.202		\$75/\$100	

After registering, a completed participant packet is required for participation. Download at www.c3gov.com/camp

*Mandatory informational meeting for parents/guardians and campers

Wednesday, July 1 5:30 p.m. Adams City High School Auditorium

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 summer. Commerce City offers state-licensed summer camps for children ages 6-10 (Youth Camp Venture) and 11-15 (Adventure Trek camp). Below is important information and dates for 2020.

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

Parent Meeting Mandatory for all enrolled campers and parents/guardians
5/6 W 6:00 p.m. EP

Camp Packet Due

5/6 W	9 p.m.	EP and BR
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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
- 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.

YOUTH CAMP VENTURE AGES 6-10

6/1-7/31 M-F		\$135/\$160 per week	7 a.m.-6 p.m.
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

Specialty Camps

Ages 6-10 at Bison Ridge Recreation Center

Sessions are per week, Monday through Thursday. You can select one class or all four with the additional lunch session, if needed.

Descriptions and class fees listed below chart.

	9:00 – 10:30 a.m.	10:30 a.m. – 12:00 p.m.	12:00 p.m. – 12:30 p.m.	12:30 p.m. – 2:00 p.m.	2:00 p.m. – 4:00 p.m.
June 1-4	Space Adventures 7651.201	Beaches Around the World 7652.201	Lunch Fun! 7653.201	Animal Kingdom Paint Party 7654.201	Denver Fencing 7655.201
June 8-11	Cooks + Books! 7651.202	Pirates + Treasure 7652.202	Lunch Fun! 7653.202	Reduce, Reuse, Recycle with Sand Creek 7654.202	Super Hero Academy with Bricks 4 Kidz 7655.202
June 15-18	Little Medical School 7651.203	Winter in July 7652.203	Lunch Fun! 7653.203	Omniform Martial Arts 7654.203	Wonderful Wizardry: A Harry Potter STEAM Experience 7655.203
June 22-25	Cooking with Chelly! 7651.204	Jurassic Park 7652.204	Lunch Fun! 7653.204	Catapult Creations 7654.204	
June 29-July 2	Pocket Brick Monsters with Bricks 4 Kidz 7651.205	Zoomania 7652.205	Lunch Fun! 7653.205	Play in the Clay! 7654.205	Animals, Insects, Rocks, & Minerals 7655.205
July 6-9	Introductory Ukulele 7651.206	Crazy Crafts 7652.206	Lunch Fun! 7653.206	Little Veterinarian School 7654.206	Cake Decorating 7655.206
July 13-16	Colorful Colorado Paint Party 7651.207	Baking Craze 7652.207	Lunch Fun! 7653.207	World of Imagination with Bricks 4 Kidz 7654.207	Denver Fencing 7655.207
July 20-23	Cooking with Chelly! 7651.208	Kindness Week 7652.208	Lunch Fun! 7653.208	Introductory Ukulele 7654.208	Omniform Martial Arts 7655.208
July 27-30	Live Action Flix 7651.209		Lunch Fun! 7653.209	Tweets & Trees Paint Party 7654.209	Ripple Effect with Sand Creek 7655.209

ANIMAL KINGDOM PAINT PARTY

Giraffes and elephants and bears, oh my! Go wild with paint as you create a different piece of animal themed art each day. Gallery on the Go guides the group through professional instruction. Creativity and color choices are always encouraged. Aprons provided, but please don't wear your favorite outfit.

\$45/\$55 7654.201

BAKING CRAZE

Mix, stir and bake up some fun as you prepare your favorite treats. It's not mom's kitchen, so it's ok to get a little crazy!

\$20/\$27 7652.207

BEACHES AROUND THE WORLD

Feel the breeze in your hair and the sand between your toes as you create crafts inspired by some of the most famous beaches in the world.

\$20/\$27 7652.201

CAKE DECORATING

Give treats a new twist! Wow family and friends with creative cake decorating techniques, design with buttercream and fondant, and make edible accessories. All the basics of the sweet life of cake decorating.

\$30/\$38 7655.206

COOKS + BOOKS!

Your favorite stories come to life with delicious and delectable recipes. Sticky Fingers Cooking instructors help you prepare treats inspired by books such as Last Stop on Market Street, Green Eggs and Ham, and Dragons Love Tacos.

\$60/\$70 7651.202

COOKING WITH CHELLY

Cook healthy foods that are fast, simple and delicious. Chelly from The Good Food Project focuses on how to shop, prep and cook so you can make and eat your own tasty creations.

\$55/\$65 7651.204

\$55/\$65 7651.208

COLORFUL COLORADO PAINT PARTY

Paint the colors of our beautiful state with a different design each day. Gallery on the Go guides the group through professional instruction. Creativity and color choices are always encouraged. Aprons provided, but please don't wear your favorite outfit.

\$45/\$55 7651.207

CRAZY CRAFTS

Dig deep into your artistic side and show your inner craziness as you make some amazing crafts.

\$20/\$27 7652.206

INTRODUCTORY UKULELE

Dive into Hawaiian culture while discovering a new skill. Focus on chords, scales and the basic strum patterns you need to start playing songs right away. Song selection will be from a wide variety of music including standard ukulele repertoire, American folk music, and recognizable pop and rock songs.

Participants get to take home their ukulele at the end of the week.

\$55/\$65 7651.206

\$55/\$65 7654.208

KINDNESS WEEK

We all need a little kindness in our lives. Practice what it means to be kind to each other and how we can make the world a better place. Come meet new friends and share your unique kindness with them.

\$20/\$27 7652.208

LIVE ACTION FLIX

Discover your filmmaking talents. You don't have to be an actor to take part, Incrediflix guides you through the Hollywood process to create, direct, film, act, and more.

\$110/\$145 7651.209

PIRATES & TREASURE

Get on board mate, and enjoy a treasure hunt to see what gems you find. Once you become an expert, make your own map and hide treasure for others to find for themselves.

\$20/\$27 7652.202

PLAY IN THE CLAY!

Roll up your sleeves and get your hands dirty with clay. Class includes hand building and slab work, so come dressed for a mess. Please note: Your creation will take 2 weeks to be dried and fired. A staff member will contact you when your creation is ready to be picked-up.

\$30/\$38 7654.205

TWEETS & TREES PAINT PARTY

Take your creativity to new heights as you paint towering trees and beautiful birds. Gallery on the Go guides the group through professional instruction. Creativity and color choices are always encouraged. Aprons provided, but please don't wear your favorite outfit.

\$45/\$55 7654.209

WINTER IN JULY

Take a break from the heat and see what winter in July has in store for you. Reminisce about the good old days by playing in the snow, building snowmen, and drinking hot chocolate.

\$20/\$27 7652.203

ZOOMANIA

Everybody loves the zoo! Discover the many animals in zoos around the world and see how we can help them live their best life.

\$20/\$27 7652.205

Explore, Build, & STEM**ANIMALS, INSECTS, ROCKS, AND MINERALS**

Have you ever wondered which birds fly the fastest? Or how many pairs of legs insects have? Or why some rocks float? Explore these questions and more through hands-on science experiments, fun activities, and engaging games from Funtastic Workshops. Watch birds and insects in nature, create animal and insect-based art projects, compare rocks and minerals, take a micro-hike with your own magnifying glass, learn the bee waggle dance, and use microscopes to look at specimens up close.

7655.205 \$55/\$65

JURASSIC PARK

Put on your hiking boots and camouflage, you are about to enter Jurassic Park! Examine fossils, go on a dino dig, and explore the prehistoric world of dinosaurs.

7652.204 \$20/ \$27

LITTLE DOCTOR SCHOOL®

Calling all future doctors! Use your imagination as you explore the exciting and inspiring world of medicine. Using role-play, interactive demonstrations, crafts and games, learn how the body and organs work, how to use medical instruments, administer first aid, and more! Participants receive a real working stethoscope, disposable lab coat, and graduation certificate.

\$55/\$65 7651.203

LITTLE VETERINARIAN SCHOOL®

Dive into the exciting world of veterinarians, learn how to take care of a pet, and perform tasks that real vets do. Each child will adopt a new stuffed furry friend. Other take home items include a disposable lab coat, dog bowl, journal, and more. Note: No real animals are present during this program.

\$55/\$65 7654.206

POCKET BRICK MONSTERS WITH BRICKS 4 KIDZ

Gotta catch 'em all! Hunt for wild Pokémon® creatures and train them for battle. Improve your accuracy and power as you learn new moves and use special abilities. Tap into your inner engineer as we use LEGO® bricks to build Dratini, Pikachu, Poké Balls, and more.

\$45/\$55 7651.205

REDUCE, REUSE, RECYCLE WITH SAND CREEK GREENWAY

Transform keys into wind chimes and milk cartons into planters while learning how recycling can help save our earth.

\$20/\$27 7654.202

RIPPLE EFFECT WITH SAND CREEK GREENWAY

Where does our water come from? How much water do you use? What animals live in our urban waterways? Explore these questions and many more while playing games and discovering how important water is to all of us.

\$20/\$27 7655.209

SPACE ADVENTURES

Soar into the cosmos as you discover how rockets make it to space, create a comet out of dry ice, and explore a non-Newtonian surface. Participants study the process of electrolysis, simulate astronaut challenges, and work together to complete an International Space Station docking exercise.

\$60/\$70 7651.201

SUPER HERO ACADEMY WITH BRICKS 4 KIDZ

Explore all the caped crusaders and discover their super powers. Create a fantasy world and protect it against all the evil archenemies with custom contraptions and motorized models made with LEGO® bricks.

\$45/\$55 7655.202

CATAPULT CREATIONS

Throw things far- really, really, far- with catapults, trebuchets, and cannons. Build a working tabletop wooden trebuchet to start an exploration of Newton's Laws of Motion, create games with the mini Basketball Catapult, float Flying Frisbees, and take some terrific target practice with a marshmallow gun. We'll have things whizzing around the classroom for the whole camp.

\$90/\$125 7654.204

WONDERFUL WIZARDRY: A HARRY POTTER STEAM EXPERIENCE

All aboard the Hogwarts express! Travel to the world of Harry Potter as you create an edible wand, brew fantastic potions, and use science to make magic a reality.

\$55/\$65 7655.203

WORLD OF IMAGINATION WITH BRICKS 4 KIDZ

Do you want to build a snowman? Have you always dreamed about having an adventure under the sea? Spark your imagination as we use LEGO® bricks to build your Disney inspired favorites.

\$45/\$55 7654.207

Sports and Fitness**DENVER FENCING**

En garde! Instructors from the Denver Fencing Center guide participants through the basics of fencing, including safety, terminology, and movements, while developing discipline and promoting physical fitness.

\$45/\$55 7655.201

\$45/\$55 7655.207

OMNIFORM MARTIAL ARTS

Discover your own unique power - a power of self-confidence, strength and leadership- with Omniform's blend of Tae Kwon-Do, Karate, Boxing and Yoga.

\$45/\$55 7654.203

\$45/\$55 7655.208

LUNCH FUN!

Join staff for a 30 minute lunch session between classes to munch and socialize. This time block allows campers to enjoy multiple opportunities throughout the day.

*Campers must provide their own lunches

\$5/\$9

7653.201 7653.204 7653.207

7653.202 7653.205 7653.208

7653.203 7653.206 7653.209