



COMMERCE CITY
PARKS, RECREATION AND GOLF GUIDE
WINTER/SPRING 2021

Registration opens December 28

c3gov.com/recreation



**LEARN MORE
ABOUT OUR
WINTER YOUTH
ESPORTS LEAGUE!**


Details on page 22

**IMPORTANT
SUMMER CAMP
DATES INSIDE**

Details on page 28

Find us on:

 facebook.com/commercecityparksrecgolf

 instagram.com/commercecityparksrecgolf

COVID-19 UPDATES

Information subject to change. Visit c3gov.com/recreation for the latest updates.

Registration Process for Recreation Center Use

- Reservations are available in 90-minute time slots
- Each time slot is restricted to 10 people
- Reservations are available three days ahead of time slot starting at 8 a.m. Registration will close at 8 p.m. the day prior to the time slot.
- NO drop-in or walk-in registrations allowed, please do not enter the facility without a reserved time block
- In order to register for a timeslot you will first need to create an online account
https://apm.activecommunities.com/c3gov/Create_Account
- Reservations are limited to one 90-minute time block per day between the two facilities

Registration Process for Swimming and Fitness Classes

- Reservations are available one week ahead of time slot starting at 8 a.m. Registration will close at 8 p.m. the day prior to the time slot.
- In order to register for a timeslot you will first need to create an online account
https://apm.activecommunities.com/c3gov/Create_Account

Registration Process for Basketball and Racquetball Areas

- Phone-in registration will begin the day before at 8:00 a.m. up to the day of.
- Participants will need to bring own basketball, racquet and ball.

Check-In Process

- Upon entry into the facility, please adhere to signage and check-in at the front desk with a staff member. Staff will verify that you have signed up online for the given time slot.
- If you have a member ID please have it ready to scan upon check-in at the front desk.
- Facility entry fees and membership fees can be found at recreation.c3gov.com/hours-fees.
- Contactless payment methods are preferred at this time
- Refunds will not be granted for admission into the facility for any reason at this time
- Please be ready to exit the facility when your reservation time is over.
- There will be no overlap allowed between reservation groups.

Health & Safety Measures

- Masks are required while in the facilities and lobby areas. Masks/cloth face coverings and maintaining social distancing (remain six feet apart) are REQUIRED while participating in physical activity and at all other times in the center.
- Staff follows up-to-date guidance by the CDC on hygiene and protective measures to ensure the safety of the public and employees
- Fitness Floor equipment has been spread out, rearranged, and/or limited in order to assist in social distancing efforts.

- Reminders, guidelines, and announcements regarding new health and safety precautions, expectations, and requirements will be visible throughout the facility
- Disinfecting wipes, disinfecting chemicals, and hand sanitizers will be available for use throughout the facility
- Where additional social distancing measures are needed (i.e. entryway and fitness floor) floor markers will be present to assist in 6-foot distancing.
- Only staff feeling healthy will be permitted to work and ALL Bison Ridge Recreation Center and Eagle Pointe Recreation Center staff will be required to check-in and have their temperature checked prior to the start of each shift.
- Please do not visit the facility if you are sick
- All vulnerable individuals should consider staying at home as much as possible.

Additional Facility Requirements

- Patrons using the facility without adult supervision must be at least 14 years of age. Patrons under the age of 14 years of age must be accompanied by a parent or guardian at all times. Parents or guardians must also have a timeslot reserved. No one under the age of 12 will be permitted at this time.
- We ask that you please come ready to workout and leave bags at home as certain amenities (including locker rooms and drinking fountains) have been closed.

All other facility policies prior to closure also remain in effect.

Failure to follow rules or staff instructions will result in loss of facility use privileges.

Pool Requirements

Bison Ridge Pool:

- 3 lap lane slots (two people per available lane) and 5 water walkers (for the river and activity area)
- Please shower before you arrive. The deck shower will be available for rinsing off
- Locker rooms are closed. A chair/bench will be available for each guest for personal items

Eagle Pointe Pool:

- Eagle Pointe Pool 6 lap lanes and Therapy Pool 6 participants (over the age of 18).
- Locker rooms are closed. A chair/bench will be available for each guest for personal items

Eagle Pointe/Bison Ridge Gymnasiums:

- Call to reserve a court.
- Hoops are limited to individual use OR for those in the same household. Limit of 3 people per hoop.
- Must bring your own basketball or racket and ball.

Closed Recreation Center Amenities

- Locker rooms
- Showers
- Child watch
- Group Exercise Rooms
- Lobby and soft seating spaces
- Technology Lab
- Game Room (Eagle Pointe)
- Active Adult Center (Eagle Pointe)
- Steam Room (Eagle Pointe)
- All drinking fountains, bottle fillers, and vending machines
- Equipment checkout at the front desk

**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. – 6:30 p.m.
Sun 8 a.m. – 5 p.m.

**ACTIVE ADULT CENTER
AT EAGLE POINTE**
Active Adult Center Lobby is closed
Adult information 303-289-3720

**BISON RIDGE AND
EAGLE POINTE CLOSURES**
Nov. 26
Dec. 24, closing at 1 p.m.
Dec. 25
Dec. 31, closing at 1 p.m.
Jan. 1, 2021

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

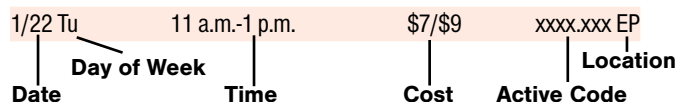
DEPARTMENT STAFF
Carolyn J. Keith
CPRP, Director
Chad Redin
Recreation Manager
Paul Hebinck
PGA, Golf Manager

Registration	2-4
Facilities	5
Active Adult	6-9
Aquatics	10-11
Dance	12
Family Programs	13
Preschool Aged Programs	14
Fitness	14-16
Golf	16-17
Gymnastics	17-20
Parks/Trails	20-21
Sports	22-26
Youth/Teen	27-32

How To Read This Guide

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

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



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

POLICIES

Code of Conduct

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

Non-Discrimination Policy

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

Personal Training Policy

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

People with Disabilities

Commerce City Parks, Recreation and Golf is committed to providing recreation programs and opportunities to all residents of our community, including residents with special needs. If you or a family member has a disability or special need and are interested in participating in or attending Commerce City Parks, Recreation and Golf services, programs, or activities, the city will make reasonable accommodations such as changing rules, policies, and practices; removing barriers to participation; or providing auxiliary aides or services in order to assure you are given an opportunity to participate. To assist Commerce City Parks, Recreation and Golf in making these accommodations, we urge a timely call prior to your involvement to discuss the necessary accommodations with our staff. Kindly understand that depending on the accommodation requested, significant advance notice may be required. Failure to timely provide notice of accommodation may result in temporary delay of participation and/or registration in our programs or activities.

Personal Release Statement

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

Photo Policy

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

Refund Policy for Classes

- Full refunds will be considered only if initiated in writing more than 5 business days prior to the first day of the activity. However, exceptions may be made for special circumstances.
- Please fill out a Request for Class/Activity Withdrawal Form, available at the front desks of Eagle Pointe and Bison Ridge
- Submission of the form does not guarantee you will receive a credit/refund
- A \$5 administrative fee applies to all withdrawals
- Please allow up to 2 weeks for processing credits or refund checks
- Charge card payments will be credited back to the charge account within 7 business days
- All approved refund requests of \$20 or less will be credited to your Parks and Recreation account, to be used within the calendar year
- Full credit or refunds will be given if an activity is canceled by the department
- Some programs have separate withdrawal policies. If you have questions, please ask the specific area.

Area Employee Discount

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

Scholarship Programs

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

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.

2021 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**

* 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

Child watch at both recreation centers is closed until further notice.

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.

Please visit c3gov.com/recreation
or our social media pages for
more info about upcoming
Winter/Spring special events.

We will be announcing event dates and times in the future, so please check back for more information.

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



Two 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.

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

PARKS AND RECREATION AMENITIES ARE OPEN

PIONEER PARK SKATE PARK

- Skate Park is OPEN – max of 10 people at a time
- Stay at least 6 feet away from members of other households
- Skate Park structure is not sanitized

PLAYGROUNDS/PICNIC SHELTERS

- Playground and Picnic Shelters are OPEN for drop in – max of 10 people at a time
- Stay at least 6 feet away from members of other households
- Structures are not sanitized
- Parks in off season until March

SPORTS FIELDS/COURTS

- Sports Fields/Courts are OPEN for drop in– max of 25 people at a time
- Stay at least 6 feet away from members of other households
- Sports structures are not sanitized

FIRST CREEK DOG PARK

- The dog park is OPEN – max of 10 people at a time
- Stay at least 6 feet away from members of other households
- Structures are not sanitized

REGISTRATION PROCESS FOR RECREATION CENTER USE

- Reservations are available in 90-minute time slots
- Each time slot is restricted to 10 people
- Reservations are available three days ahead of time slot starting at 8 a.m. Registration will close at 8 p.m. the day prior to the time slot.
- NO drop-in or walk-in registrations allowed, please do not enter the facility without a reserved time block
- In order to register for a timeslot you will first need to create an online account
https://apm.activecommunities.com/c3gov/Create_Account
- Reservations are limited to one 90-minute time block per day between the two facilities
- Visit c3gov.com/recreation for full details on advance registration, requirements, and safety measures. Thank you for your patience, understanding and support as we work through this process.

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

The Bison Grill is open 7 days a week for lunch and dinner (limited menu available). Come enjoy a delicious meal with family and friends on the patio overlooking the 18th hole. Visit BuffaloRunGolfCourse.com for more information.

CURBSIDE PICK UP AND NEW WEEKLY SPECIALS NOW AVAILABLE!



- Every Thursday: All You Can Eat Pasta, 4-8 p.m., \$13 for adults, \$7 for ages 10 and under. Dessert special: House-made tiramisu served with espresso sauce, \$6.
- Every Friday: All You Can Eat Fish & Chips, 4-8 p.m., \$14
- Saturdays: Saturday Steak Special: 10 oz. hand-cut ribeye grilled to perfection, \$24
- Sundays: Family Style Breakfast, 8 a.m.-noon. \$13.95 for Adults, \$6.95 for kids 10 and under, and free for 3 and under

ACTIVE ADULTS

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

Events

NATIONAL PIE DAY

You never need an excuse to eat pie, but what better time to do it than the day before National Pie Day! Since National Pie Day is on a Saturday this year we decided to celebrate early! The American Pie Council first recognized national Pie Day in 1986, and this is a great chance to sample a selection of pies and enjoy some time with friends. Registration is required to attend, and spots are limited. The pies distributed will adhere to current safety recommendations.

1/22 F	1 - 2:30 p.m.	\$6/\$7	4601.101 EP
--------	---------------	---------	-------------

VALENTINE'S DAY BISCUITS & GRAVY CURBSIDE PICK-UP

While we can't gather together just yet due to Covid-19, we can still celebrate Valentine's day with warm biscuits and gravy breakfast. Bison Grill will be preparing the hearty biscuits and gravy breakfast with a side of fruit. Breakfast will be served to-go style. Pick-up will begin at 8:30 a.m. and end at 9:30 a.m. near the Eagle Pointe Active Adult Center entrance. Staff will deliver breakfast to your car, curbside pick-up style. Registration is required. Participants must follow social distancing guidelines. Register by Monday, February 8.

2/12 F	8:30 a.m. - 9:30 a.m.	\$9/\$10	4601.102 EP
--------	-----------------------	----------	-------------

TRADITIONAL CORN BEEF AND CABBAGE MEAL CURBSIDE PICK-UP

Decorate yourself and your car all in green and travel to the Active Adult Center to pick-up a traditional Corn Beef and Cabbage meal that will be prepared by Bison Grill. There will be a small treat for those who dress up! Pick-up will begin at 11 a.m. and end at noon near the Eagle Pointe Active Adult Center entrance. Active Adult staff will deliver the meal to you. Registration is required. Participants must follow social distancing guidelines. Deadline Thursday, March 11.

3/17 W	11 a.m. - 12 p.m.	\$13/\$14	4601.103 EP
--------	-------------------	-----------	-------------

FRIDAY BINGO AT EAGLE POINTE

B-I-N-G-O! Come try your luck at this game of chance and see if we call your numbers! Join friends and Active Adult Staff as we play BINGO in a safe and controlled environment. We will have marvelous and exciting prizes! Registration is required to attend and we will have a limited number of spots available. Participants must follow strict social distancing guidelines.

1/15 F	1-3 p.m.	\$5/\$7	4601.112 EP
--------	----------	---------	-------------

2/19 F	1-3 p.m.	\$5/\$7	4601.113 EP
--------	----------	---------	-------------

3/19 F	1-3 p.m.	\$5/\$7	4601.114 EP
--------	----------	---------	-------------

4/16 F	1-3 p.m.	\$5/\$7	4601.115 EP
--------	----------	---------	-------------

BREAKFAST BURRITO BINGO AT BISON RIDGE

Take a break from your ordinary breakfast routine! Join Active Adult Staff for hearty breakfast burritos and a morning game of bingo at Bison Ridge. We will have exciting prizes and tons of fun! Registration is required to attend. Spots are limited so register early. Participants must follow strict social distancing guidelines. All food distributed will adhere to current safety recommendations.

3/5 F	9 - 10:30 a.m.	\$10/\$12	4651.101 BR
-------	----------------	-----------	-------------

4/2 F	9 - 10:30 a.m.	\$10/\$12	4651.102 BR
-------	----------------	-----------	-------------

WII BOWLING TOURNAMENTS

Calling all bowling newbies, amateurs, and pros! The Active Adult Center is bringing Wii Bowling back! Join other bowling aficionados and Active Adult Staff for monthly bowling tournaments on the Wii! Wii bowling has all the fun and excitement of real bowling, but it is low impact and accessible for all. Tournament space is limited and, registration is required. Staff will enforce social distancing guidelines.

1/12 Tu	10 a.m.-noon	FREE	4601.116 EP
---------	--------------	------	-------------

2/9 Tu	10 a.m.-noon	FREE	4601.117 EP
--------	--------------	------	-------------

3/9 Tu	10 a.m.-noon	FREE	4601.118 EP
--------	--------------	------	-------------

4/13 Tu	10 a.m.-noon	FREE	4601.119 EP
---------	--------------	------	-------------

TUESDAY MOVIE MATINEES AT EAGLE POINTE

Come get cozy and enjoy time with friends while viewing some of Hollywood's newest productions! Join us at Eagle Pointe on Tuesdays as we social distance and screen a movie. See "On the Move" newsletter or call 303-289-3720 for that day's movie. Seating is limited and registration is required. Please bring your own drink. Any snacks distributed will adhere to current safety recommendations.

1/5 Tu	1-3:30 p.m.	\$4/\$5	4601.120 EP
--------	-------------	---------	-------------

2/2 Tu	1-3:30 p.m.	\$4/\$5	4601.121 EP
--------	-------------	---------	-------------

3/2 Tu	1-3:30 p.m.	\$4/\$5	4601.122 EP
--------	-------------	---------	-------------

4/6 Tu	1-3:30 p.m.	\$4/\$5	4601.123 EP
--------	-------------	---------	-------------

SPRING STROLL SERIES

Spring has sprung! Strolls around Commerce City are back starting in April! Join friends for some light exercise and a bunch of April fun. Please bring water and be ready to walk unassisted for 30-45 minutes. We will be stopping for occasional water breaks. We will be practicing social distancing guidelines. Registration for walks is required. Spots on the stroll are on a first-come, first-serve basis. Once you are registered, the Active Adult staff will be in contact about the exact meetup point at each location.

4/1 Th	10-11 a.m.	Free	Pioneer Park	4601.124
--------	------------	------	--------------	----------

4/15 Th	10-11 a.m.	Free	Fairfax Park	4601.125
---------	------------	------	--------------	----------

4/29 Th	10-11 a.m.	Free	Sand Creek Trail	4601.126
---------	------------	------	------------------	----------

COFFEE WITH COMMERCE CITY 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. In these coffee talks, you will get to know 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 spots are limited, and registration is required. Staff will enforce social distancing guidelines.

Coffee with Marty Walsh, Recreation Superintendent

1/28 Th 9 a.m. Free 4601.104 EP

Top off your coffee or tea, and meet our Recreation Superintendent Marty Walsh. Learn how a suburban Chicago ski hill gave him the idea to get in to Parks and Recreation, hear about his years living in Ireland, and discover his personal connection with a 1972 Chevy Vega.

Coffee with Vicki Masters, Recreation Coordinator

2/25 Th 9 a.m. Free 4601.105 EP

Spend time talking with Vicki about some of her favorite memories of field trips during her time with the Active Adult center. Come prepared to ask questions and share your special memories during your time with the Center. Vicki is looking forward to spending time with you all!

Coffee with Zach Roth, Recreation Coordinator

3/25 Th 9 a.m. Free 4601.106 EP

Join Recreation Coordinator Zach Roth for coffee as he shares stories and pictures from his trip to New Zealand that he was able to take right before COVID put international travel on hold.

Coffee with Kylie Ohl-Whitmore, Active Adult Specialist

4/22 Th 9 a.m. Free 4601.107 EP

Have a cup of coffee with Kylie Ohl-Whitmore, Active Adult Specialist for Commerce City. Come ready to learn more about her travels, her puppy, and a few of her other favorite things. Questions are encouraged!

ACTIVE ADULT CHAIR VOLLEYBALL

Sit, Set, Spike! Join friends and get your blood pumping and your body moving with a rousing game of chair volleyball! Chair volleyball is played with a beach ball and a five-foot-high net. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. Rules are similar to regular volleyball except cheeks stay in seats! Registration is required to attend and we will have a limited number of spots available. Each game will adhere to social distancing guidelines.

1/27 W 10-11 a.m. Free 4601.127 EP

2/24 W 10-11 a.m. Free 4601.128 EP

3/24 W 10-11 a.m. Free 4601.129 EP

4/28 W 10-11 a.m. Free 4601.130 EP

Classes

LINE DANCE AT BISON RIDGE

Dust off your dancing shoes because Monday are for Line Dancing with Rosallie! There are two levels of class for those who love to stay active and fit. Rosallie Farrer teaches both the beginner class and the intermediate class. Purchase a 5-visit punch card for \$25 or \$6 drop-in. We will be practicing social distancing throughout the class.

Beginner 9-10 a.m.
Intermediate 10:15-11:15 a.m.

CERAMICS

Ceramics is back! Come express your creativity and explore different techniques and trends in this open forum lab, with guidance from an expert instructor. Free start-up supplies will be offered to the first-timer and the instructor will advise on further purchases. Fee includes instruction and firing. Resident \$20 (five-visit punch card). Non-resident \$20 (four-visit punch card).

Every Tuesday 9 a.m. - Noon
Starting March



TRIPS

**DINERS DRIVE IN'S AND DIVES:
CURBSIDE PICKUP SERIES**

Restaurant dining has changed a lot in the wake of the COVID-19 pandemic. Whether it is limited seating in restaurants, eating on patios or in driveways, or getting meals to go, we still want to support the local restaurants safely and responsibly. Our popular day trip series, Diners Drive-ins, and Dives, is adjusting to this current reality as well. We will watch an episode of the popular TV show and the staff will pick up a meal curbside and deliver it to the Active Adult Center so we can enjoy the meal together. We will be offering a limited selection from the menu. See the "On the Move" newsletter for restaurant and menu items available for each date.

1/14 Th	11 a.m.-12:30 p.m.	\$15	4601.108 EP
4/8 Th	11 a.m.-12:30 p.m.	\$15	4601.109 EP

A&E PRESENTS – THE CADBURY'S SWEET SUCCESS

Who loves chocolate? We love chocolate! Cadbury's is a British multinational confectionery company wholly owned by Mondelez International formerly Kraft. Learn about the journey this chocolate company has endured over the last 200 years. Register for a sweet treat! Registration is required. Class participants must follow social distancing guidelines.

1/29 F	1 p.m. - 2 p.m.	\$4/\$5	4601.110 EP
--------	-----------------	---------	-------------

TRAVEL SERIES AT BISON RIDGE

The travel bug has bitten once again, but this time we're bringing the trips to Bison Ridge! Since traveling has gotten more difficult due to the COVID-19 pandemic, the Active Adult Staff decided to bring traveling to you! We are going to experience everything traveling has to offer in a safe and controlled environment! Each trip we go on comes with a souvenir or treat from our designated site! Each experience has a limited number of spaces available, so sign up early. Travel participants must follow social distancing guidelines and other safety measures put in place by staff.

Botswana

Classified as the world's largest inland oasis, Botswana is an experience you won't want to miss! On this trip, we will explore vast deserts, inspect some enormous diamonds, and witness the home to the largest elephant population on the continent of Africa. Botswana is an oasis waiting to be explored!

3/16 W	1-3p.m.	\$6/\$8	4651.103 BR
--------	---------	---------	-------------

Ireland

Come experience the land that gave us rolling hills, St. Patrick, Guinness, and so much more! On this breathtaking journey, we will see the Emerald Isle, experience medieval castles, and witness the modern cities bustling with life. Prepare to experience the sites, the people, and all of the great things that make Ireland a unique gem in Western Europe.

3/23 W	1-3p.m.	\$6/\$8	4651.104 BR
--------	---------	---------	-------------

New Zealand

We're off to visit a country no bigger than the state of Colorado and was the last livable landmass to be discovered on the planet! We are going to the land of sheep, wine, kiwi fruits, and Lord of the Rings; New Zealand! From snow-capped mountains to beautiful coasts, and sandy beaches, New Zealand has something for everyone.

3/30 W	1-3p.m.	\$6/\$8	4651.105 BR
--------	---------	---------	-------------

**TOUR OF THE LINCOLN HOME
WITH CURATOR SUSAN HAKKE**

Celebrate President's day with a virtual tour of the Lincoln Home. Curator Susan Hakke provides an informative view of the Lincoln Home and how they lived. See many of the artifacts that belong to the Lincoln family. Registration is required. Class participants must follow social distancing guidelines.

2/16 Tu	1 p.m.-2 p.m.	\$4/\$5	4601.111 EP
---------	---------------	---------	-------------

RIDE THE N LINE

The long anticipated N line finally opened for service in Fall 2020. Join Active Adult staff on a ride from the Commerce City/72nd station to Union station in Denver. Participants will meet at the 72nd street station in Commerce City. Participants will be on their own for lunch in Downtown Denver before returning to Commerce City as a group. Sign up early because space is limited.

3/11 Th	10:45 a.m.-1:30 p.m.		4601.147
---------	----------------------	--	----------

VIRTUAL TRIPS**British Museum, London**

This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. You can also find hundreds of artifacts on the museum's virtual tour.

<https://britishmuseum.withgoogle.com/>

Musée d'Orsay, Paris

You can virtually walk through this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others.

<https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>

Colorado Based Virtual Tour

This virtual tour showcases CU Boulder.
<https://www.youvisit.com/tour/colorado>

Drop In**THERAPEUTIC COLORING**

Coloring has so many benefits for adults! Are you looking to reduce stress and anxiety? What about improving focus and motor skills? Come take your mind off things and join us for some social distancing coloring! In this adult-focused group, we will color, chat, and spend time together safely. This group is free but will be requiring registration. Supplies are provided.

1/11 M	10-11:30 a.m.	Free	4601.131 EP
1/25 M	10-11:30 a.m.	Free	4601.132 EP
2/8 M	10-11:30 a.m.	Free	4601.133 EP
2/22 M	10-11:30 a.m.	Free	4601.134 EP
3/8 M	10-11:30 a.m.	Free	4601.135 EP
3/22 M	10-11:30 a.m.	Free	4601.136 EP
4/12 M	10-11:30 a.m.	Free	4601.137 EP
4/26 M	10-11:30 a.m.	Free	4601.138 EP

LIFE ISN'T EASY

Life Isn't Easy, especially in these unique times...Join other Commerce City Active Adults and share your life experiences, good and bad, in this member-led support group. The group will meet once every month to discuss topics such as the joys and pains of daily living, aging, financial hardship, medical diagnoses, care-giving, and new topics like social isolation, being impacted by the coronavirus, and how to support peers in this uncertain time. This group is now requiring registration so social distancing guidelines can be efficiently followed. Please bring your own coffee or drink.

1/4	M	10-11:30 a.m.	Free	4601.139	EP
1/18	M	10-11:30 a.m.	Free	4601.140	EP
2/1	M	10-11:30 a.m.	Free	4601.141	EP
2/15	M	10-11:30 a.m.	Free	4601.142	EP
3/1	M	10-11:30 a.m.	Free	4601.143	EP
3/15	M	10-11:30 a.m.	Free	4601.144	EP
4/5	M	10-11:30 a.m.	Free	4601.145	EP
4/19	M	10-11:30 a.m.	Free	4601.146	EP

Resources

VISITING NURSES

The Visiting Nurses Association operates a health clinic for seniors. They check blood pressure, provide nail and foot care for diabetics and others. There will be a limited number of spots available and preregistration is required. Social distancing guidelines will also be in effect along with other various safety measures during your appointment and in the waiting area. Please arrive 15 min prior to your scheduled appointment, no earlier. Cancellations must be made 24 hours in advance. To make an appointment please call 303-289-3720.

1/13	W	8:30 a.m.-4:30 p.m.	FREE	EP
2/10	W	8:30 a.m.-4:30 p.m.	FREE	EP
3/10	W	8:30 a.m.-4:30 p.m.	FREE	EP
4/14	W	8:30 a.m.-4:30 p.m.	FREE	EP

ADAMS COUNTY VIRTUAL OUTREACH

Karla Ojeda is the Outreach & Education Liaison for Adams County. Are you in need of resources? Do you have questions or need to apply for public assistance programs? If you live in Adams County and answered yes to either one of these questions then she may be able to provide you with the resources that you are needing or may be able to answer your questions. To get in touch with Karla, please call at 720-523-2114 or email KOjeda@adcogov.org to schedule a time to meet.

MEDICARE 1-ON-1

Chaundra Price, an independent insurance broker specializing in Medicare plans, assists older adults with questions about Medicare and Medicaid every Tuesday from 9-11 a.m. She answers questions about Medicare health plans, prescription drugs and how to apply for assistance with premiums or copayments. Call 303-916-3068 to make an appointment over the phone or via Zoom.

THE SENIOR HUB

Phone: 303-426-4408

Email: info@seniorhub.org

The Senior Hub is a non-profit agency founded in 1986 with a clear mission to provide services and support to assist aging adults to remain in their home, as long as possible. Our agency serves older adults in Arapahoe and Adams County through a variety of programs and initiatives:

Meals on Wheels– hot home delivered meals and commodities boxes.

Home Care Services– non-medical in-home care services that include: bathing, dressing, light housekeeping, meal preparation and laundry for those who qualify.

Adult Day Services – onsite full and half day programs for aging adults with cognitive decline, Dementia and/or Alzheimer's disease, located in Federal Heights.

Senior Solutions/ Senior Tech– a resource arm for clients and families needing help accessing community and county resources, medical equipment leasing, and small customized technology classes from beginner to intermediate learners.

Food Pantry– a small dignified food bank experience that provides a variety of food items including produce, meat dairy and baked goods, as available.

S.H.O.U.T– a volunteer program that mobilizes community volunteers of all ages at the Senior Hub locations or through community partnerships, as well as volunteer training and volunteer toolkits.

At the Senior Hub we strive to provide current and purposeful resources and trainings that meet the needs of our aging adult communities on many levels. It is our mission to empower the lives of those we serve, to assist the families that support them, and to engage community partners that enrich our efforts.

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:

Monday-Friday: 5 a.m. – 9 p.m.

Saturday: 7 a.m. – 6:30 p.m.

Sunday: 8 a.m. – 5 p.m.

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

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

SWIMMING SAFETY AND GUIDELINES

- Instructions from the lifeguard must be obeyed at all times
 - Please be courteous. Foul language, horseplay, fighting or abusive behavior will not be tolerated.
- Proper swim attire is required.
 - Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.
 - Personal safety devices must be removable and Type III Coast Guard approved. Inflatable devices, including water wings and float rings are not allowed. Infant inflatables must have a seat in the bottom.
- User requirements
 - Children age 5 and younger must be accompanied in the water and remain within arm’s reach of an adult, age 18 or over, at all times.
 - A person age 16 or older must remain on the pool deck and directly supervise any child between the ages of 6-11 in the pool.
 - Children age 12 and older may swim without adult supervision.
 - Children who are not toilet trained must wear swim diapers.
- To ride the slides, users must meet the minimum height requirements. 48in at Bison Ridge; 54in at Eagle Pointe.
- Additional guidelines:
 - All swimmers must shower before entering the pool area.
 - Changing clothes on deck is prohibited.
 - Acceptable personal pool equipment includes noodles, kickboards, beach balls, dive sticks, and other soft balls; however use of all items is up to the discretion of the lifeguard.
 - Flotation devices (excluding lifejackets) are not allowed in any area where the user cannot touch the bottom of the pool.
 - Use of facility aquatic equipment is not allowed during open swim times.
 - Diving is restricted to the 9ft area at Eagle Pointe only.
 - A swim test must be passed by any user wishing to use

the deep end, regardless of age.

- No Running.
- Food, gum, alcohol, and glass containers are not allowed in the pool area. Drinks in sealable, spill proof containers are permitted.
- Pool Accessibility:
 - Both facilities feature an accessible lift and zero depth stairs with handrails. Bison Ridge has a zero depth area.
 - Eagle Pointe has an accessible ramp and an additional lift in the therapy pool area.

SWIMMING REGISTRATION DATES

The first day of registration for swimming lessons is for residents only and can only be done online. Non-resident and phone 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.

Swim Lesson Registration Dates for BR:

Session 1: January 11 – January 13

Session 2: February 22 – February 24

Session : April 5 – April 7

Swim Lesson Registration Dates for EP:

Session 1: January 4 – January 6

Session 2: February 15 – February 17

Session 3: March 29 - March 31

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

BISON RIDGE FAMILY SWIM LESSONS

- Each family will be designated a space to learn with the help of the instructor guiding you through different activities and skills! 1 parent for each 2 children in attendance is required. Parents must be in the water with children and will provide hands on practice and instruction, guided by one of our trained instructors.
 - Ages: Youth (ages 3-17) / Adults (ages 18 and over)
- Participants: 3 families max, register one family member, you will be contacted to add additional members.
 - Fees: \$15R/\$19NR (1 parent/2 children required)

FAMILY LESSONS

1/23-2/20 Sat	5 wk	9:25-10:10 a.m.	6951.101
3/6-4/3 Sat	5 wk	9:25-10:10 a.m.	6952.301
4/17-5/15 Sat	5 wk	9:25-10:10 a.m.	6953.301

WATER BABIES: AGES: 6-17 MONTHS

1/23-2/20 Sat	5 wk	8:45-9:15 a.m.	6051.101
3/6-4/3 Sat	5 wk	8:45-9:15 a.m.	6052.101
4/17-5/15 Sat	5 wk	8:45-9:15 a.m.	6053.101

STROKE MECHANICS: LEVEL 5 AGES 6-12

1/19-2/18 T/Th	5 wk	5:30-6:15 p.m.	6561.101
3/2-4/1 T/Th	5 wk	5:30-6:15 p.m.	6562.101
4/13-5/13 T/Th	5 wk	5:30-6:15 p.m.	6563.101

LEVEL 6 / SWIM TEAM PREP AGES 8-17

1/18-2/17 M/W	5 wk	5:30-6:30 p.m.	6861.101
3/1-3/31 M/W	5 wk	5:30-6:30 p.m.	6862.101
4/12-5/12 M/W	5 wk	5:30-6:30 p.m.	6863.101

Programs and Activities at Eagle Pointe

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.

1/16-2/13 Sat	5WK	8:50-9:20 a.m.	6001.101
2/27-3/27 Sat	5WK	8:50-9:20 a.m.	6002.101
4/3-5/1 Sat	5WK	8:50-9:20 a.m.	6003.101

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.

1/16-2/13 Sat	5WK	9:30-10 a.m.	6001.102
2/27-3/27 Sat	5WK	9:30-10 a.m.	6002.102
4/3-5/1 Sat	5WK	9:30-10 a.m.	6003.102

LEVEL 5 STROKE MECHANICS (AGES 8-12)

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.

1/12-2/11 T/Th	5WK	5:30-6:15 p.m.	6501.101
2/23-3/25 T/Th	5WK	5:30-6:15 p.m.	6502.101
4/6-5/6 T/Th	5WK	5:30-6:15 p.m.	6503.101

LEVEL 6 SWIM TEAM PREP (AGES 8-17)

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.

1/11-2/10 M/W	5WK	5:30-6:30 p.m.	6811.101
2/22-3/24 M/W	5WK	5:30-6:30 p.m.	6812.101
4/5-5/5 M/W	5WK	5:30-6:30 p.m.	6813.101

FAMILY SWIM LESSONS AGES: YOUTH (AGES 3-17) / ADULTS (AGES 18 AND OVER)

Each family will be designated a space to learn with the help of the instructor guiding you through different activities and skills! 1 parent for each 2 children in attendance is required. Parents must be in the water with children and will provide hands on practice and instruction, guided by one of our trained instructors.

\$15R/\$19NR for each participant

1/16-2/13:

8:50-9:20 a.m.	Sat	5 WK	6701.101
8:50-9:20 a.m.	Sat	5 WK	6701.102
9:30-10 a.m.	Sat	5 WK	6701.103
9:30-10 a.m.	Sat	5 WK	6701.104

2/27-3/27:

8:50-9:20 a.m.	Sat	5 WK	6702.101
8:50-9:20 a.m.	Sat	5 WK	6702.102
9:30-10 a.m.	Sat	5 WK	6702.103
9:30-10 a.m.	Sat	5 WK	6702.104

4/3-5/1:

8:50-9:20 a.m.	Sat	5 WK	6703.101
8:50-9:20 a.m.	Sat	5 WK	6703.102
9:30-10 a.m.	Sat	5 WK	6703.103
9:30-10 a.m.	Sat	5 WK	6703.104

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
- Therapy pool family swim times are Tuesday, Thursday, and Friday from 5:15-6:45 p.m. and 7:15-8:30 p.m.

Lap Pool

- Lap lanes are reserved for lap swimming only. Reservations are required.
- Open Side is available for water walking. Reservations are required. Face masks are strongly recommended.
- Open swim times are as follows:
 - Friday: 5:15-6:45 p.m. and 7:15-8:30 p.m.
 - Saturday: 12:15-1:30 p.m.; 2-3:15 p.m.; 3:45-5 p.m.; 5:30-6:45 p.m.
 - Sunday: 1:15-2:30 p.m. and 3-4:15 p.m.

Steam Room will remain closed.

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

All Winter/Spring dance classes will be non-performance due to COVID-19.

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. 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

Tue 1/12-5/11	5:30-6 p.m.	1001.101 EP
by 1/5 \$60/\$70	on 1/6 \$70/\$80	

*No class 3/30.

Age-4

Tue 1/12-5/11	6:10-6:40 p.m.	1001.102 EP
by 1/5 \$60/\$70	on 1/6 \$70/\$80	

*No class 3/30.

Ballet & Tap Performance

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**

Tue 1/12-5/11	6:50-7:35 p.m.	1101.101 EP
by 1/5 \$68/\$78	on 1/6 \$78/\$88	

*No class 3/30.

Tue 1/12-5/11	7:45-8:30 p.m.	1101.102 EP
by 1/5 \$68/\$78	on 1/6 \$78/\$88	

*No class 3/30.

Thu 1/14-5/13	5:30-6:15 p.m.	1151.101 BR
by 1/5 \$68/\$78	on 1/6 \$78/\$88	

*No class 4/1

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 1/12-5/11	6:00-7:00 p.m.	1251.101 BR
by 1/5 \$81/\$91	on 1/6 \$91/\$101	

*No class 3/30.

Wed 1/13-5/12	5:30-6:30 p.m.	1201.101 EP
by 1/5 \$81/\$91	on 1/6 \$91/\$101	

*No class 3/31.

Intermediate Level, ages 11-16

Tue 1/12-5/11	7:00-8:00 p.m.	1261.101 BR
by 1/5 \$81/\$91	on 1/6 \$91/101	

*No class 3/30.

Wed 1/13-5/12	6:30-7:30 p.m.	1211.101 EP
by 1/5 \$81/\$91	on 1/6 \$91/\$101	

*No class 3/31.

BALLET BASICS**AGES 3**

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

Mon 1/11-5/10	6:30-7 p.m.	1651.101 BR
by 1/5 \$60/\$70	on 1/6 \$70/\$80	

*No class 3/29.

BALLET BASICS**AGES 4**

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

Mon 1/11-5/10	7-7:30 p.m.	1651.102 BR
by 1/5 \$60/\$70	on 1/6 \$70/\$80	

*No class 3/29.

Performance**INTRODUCTION TO BALLET****AGES 5-6**

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

Mon 1/11-5/10	7:30-8:15 p.m.	1661.101 BR
by 1/5 \$68/\$78	on 1/6 \$78/\$88	

*No class 3/29.

JAZZ**AGES 7-8**

Jazz is sharp and fluid movements to create a visually technical dance style. It is usually done to popular music. Body isolations, stretch, turning, leaping and technical steps are taught in this class.

Thu 1/14-5/13	6:30-7:30 p.m.	1551.101 BR
by 1/5 \$81/\$91	on 1/6 \$91/\$101	

*No class 4/1.

LYRICAL**AGES 10-14**

Lyrical 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, jazz shoes or go bare foot in this coed class. Loose-fitting workout or dance clothing is a must.

Thu 1/14-5/13	7:30-8:30 p.m.	1391.101 BR
by 1/5 \$81/\$91	on 1/6 \$91/\$101	

*No class 4/1.

FAMILY PROGRAMS

LOTERÍA!

Ages 4+ with an adult

Have fun and win prizes while playing this traditional Latin-American game of chance, which is similar to bingo.

1/8 F	6-7:30 p.m.	\$5/\$9/person	7051.101 BR
1/18 M	6-7:30 p.m.	\$5/\$9/person	7001.101 EP

FAMILY PAINT PARTY

Ages 6+ with an adult

Create a beautiful work of art with instruction and supplies provided by Gallery on the Go!

2/10 W	6-8p.m.	\$18/\$20	7002.101EP
5/5 W	6-8p.m.	\$18/\$20	7055.102 EP

FAMILY LITERACY NIGHT

Ages 2+ with an adult

Celebrate National Reading Month by joining us for a night of classic stories, crafts, and snacks.

3/12 F	6-8 p.m.	Free	7053.101 BR
3/17 W	6-8 p.m.	Free	7003.101 EP

CREATIVE COOKIES

Ages 6+ with an adult

Learn basic royal icing techniques as you create beautiful spring themed cookie designs.

2/13-2/27 Sat	10a.m.-12p.m.	\$14/\$18	7152.101 BR
4/10-4/24 Sat	10 a.m.-12 p.m.	\$14/\$18	7004.102 EP

DADDY DAUGHTER SWEETHEART DANCE

Please visit our website for updated information on the 2021 Daddy Daughter Sweetheart Dance.

EASTER EGG DECORATING

Ages 4+ with an adult

We supply the eggs and decorations, you supply the creativity.

4/3 Sat	10 a.m.-Noon	Free	7004.101 EP
---------	--------------	------	-------------

MOVIE NIGHT

Ages 4+ with an adult

Join us for a night of fun as we watch a family friendly movie. Pizza dinner and snacks provided.

4/23 F	6-8 p.m.	\$5/\$9/person	7054.101 BR
--------	----------	----------------	-------------

MOM AND ME TEA PARTY

Ages 3+ with an adult female role model

Join us for tea, sandwiches and sweet treats as we celebrate the special women in our lives.

5/1 Sat	10 a.m.-Noon	\$5/\$9/person	7055.101 BR
---------	--------------	----------------	-------------

FAMILY OVERNIGHT CAMPING TRIP

Ages 6+ with an adult

Join us for paddle boarding, a moonlight hike, campfire fun, and a lot more at the Aurora Reservoir! Tents, meals and activities at the reservoir included. Packing list provided upon registration.

5/29-5/30	Sat Noon- Sun 8 a.m.	\$20/\$35	7005.101 EP
-----------	----------------------	-----------	-------------

PRESCHOOL AGED PROGRAMS

JUNIOR JAM

Ages 3-5

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

1/8 F	6-8:30 p.m.	\$10/\$12	7571.101 BR
2/5 F	6:00 p.m.-8:30 p.m.	\$10/\$12	7572.101 BR
3/5 F	6:00 p.m.-8:30 p.m.	\$10/\$12	7573.101 BR
4/9 F	6:00 p.m.-8:30 p.m.	\$10/\$12	7574.101 BR
5/14 F	6:00 p.m.-8:30 p.m.	\$10/\$12	7575.101 BR

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. Price is per child.

Parent/Tot

Ages 1.5-3.5 with an adult

Thursdays	10-10:30 a.m.	BR
1/7-1/28	\$44/\$55	7551.101
2/4-2/25	\$44/\$55	7552.101
3/4-3/25	\$44/\$55	7553.101
4/1-4/29	\$55/\$66	7554.101
5/6-5/27	\$44/\$55	7555.101

Ages 3.5-6

Thursdays	10:45-11:30 a.m.	BR
1/7-1/28	\$48/\$60	7561.101
2/4-2/25	\$48/\$60	7562.101
3/4-3/25	\$48/\$60	7563.101
4/1-4/29	\$60/\$70	7564.101
5/6-5/27	\$48/\$60	7565.101

MINI MASTERPIECES

Ages 3-5

Develop skills important for school success such as fine motor skills, language, cognitive skills and the ability to listen and follow directions, all while making amazing works of art.

1/11-1/25 M	3:00 p.m.-3:45 p.m.	\$16/\$20	7581.101 BR
-------------	---------------------	-----------	-------------

KIDS IN THE KITCHEN

Ages 3-5

We introduce concepts like kitchen safety, basic measurements, mixing, pouring, and spreading to inspire a love of cooking at an early age.

2/8-2/22 M	3:00-3:45 p.m.	\$16/\$20	7582.101 BR
------------	----------------	-----------	-------------

INTRO TO STEM WITH PLAYWELL

Ages 4-5

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! New and returning students can explore the endless creative possibilities of the LEGO® building system.

3/1-3/22 M	3:00-3:45 p.m.	\$65/\$80	7583.101 BR
------------	----------------	-----------	-------------

ART AND STORY ADVENTURES

Ages 3-5

Each week we pair a favorite children's story with fun songs, finger plays, and crafts.

4/12-4/26 M	3:00 p.m.-3:45 p.m.	\$16/\$20	7584.101 BR
-------------	---------------------	-----------	-------------

WAY OUT WATER- EVERYTHING TO KNOW ABOUT H2O!

Ages 3-5

Get ready...get WET...H-2-O! Water Engineers - come learn all about the world's most important molecule, H2O, better known as...WATER. Use your engineering skills and put water to work with a water wheel, see sticky water, make paperclips that float on water and play America's fastest growing game, Does it Float?

5/13-5/24 M	3-3:45p.m.	\$30/\$45	7585.101 BR
-------------	------------	-----------	-------------

DISCOVERY KIDS

Ages 3 - 5

We feature different themes and activities each week in this interactive program with a focus on skill building, independence, and hands on fun!

Eagle Pointe

Tu, W, Th	10 a.m. - Noon	\$30/\$40
1/5-1/7	Snowy Days	7101.101
1/12-1/14	Penguins & Polar Bears	7101.102
1/19-1/21	I Have a Dream/Kindness	7101.103
1/26-1/28	Outer Space	7101.104
2/2-2/4	Groundhog Day	7102.101
2/9-2/11	Hearts Hearts	7102.102
2/16-2/18	Cool Counting	7102.103
2/23-2/25	Wacky Science	7102.104
3/2-3/4	Dr. Seuss's Birthday	7103.101
3/9-3/11	Fairy Tales	7103.102
3/16-3/18	Colorful Rainbows	7103.103
3/23-3/25	Spring Fling	7103.104
3/30-4/1	Gotta Love Spring	7103.105
4/6-4/8	Peter Rabbit	7104.101
4/13-4/15	Take Me Out to the Ball Game	7104.102
4/20-4/22	Birds and Bumblebees	7104.103
4/27-4/29	African Safari	7104.104
5/4-5/6	Mothers and Outside Fun	7105.101
5/11-5/13	How Does Your Garden Grow	7105.102
5/18-5/20	Let's Get Cooking	7105.103
5/25-5/27	Memorial Celebrations	7105.104

Bison Ridge

Tu, W, Th	2 - 4 p.m.	\$30/\$40
1/5-1/7	Parrots & Penguins	7151.101
1/12-1/14	Brrr Winter	7151.102
1/19-1/21	Circus Friends	7151.103
1/26-1/28	Fairy Tales	7151.104
2/2-2/4	Groundhog's Week	7152.101
2/9-2/11	Hearts and Love	7152.102
2/16-2/18	President's Day	7152.103
2/23-2/25	Crazy Weather	7152.104
3/2-3/4	Frogs and Pond Life	7153.101
3/9-3/11	Spring & Gardening	7153.102
3/16-3/18	Pot of Gold	7153.103
3/23-3/25	Let It Rain	7153.104
3/30-4/1	Spring Fling	7153.105
4/6-4/8	Colorful Eggs & Silly Bunnies	7154.101
4/13-4/15	Nutty Squirrels	7154.102
4/20-4/22	Caterpillars & Butterflies	7154.103
4/27-4/29	Earth Day and Seeds Galore	7154.104
5/4-5/6	Amazing Mothers	7155.101
5/11-5/13	Happy Hippos	7155.102
5/18-5/20	Bouquets of Flowers	7155.103
5/25-5/27	Let's Celebrate Memorial Day	7155.104

FITNESS

Drop-In Group Fitness Classes

(Bison Ridge & Eagle Pointe)

We are offering a modified schedule of drop-in classes this winter/spring season. Some of our classes will be virtual, some will be outside (weather permitting), and some will be in the studios. All in-person classes, whether outside or in the studios, will be limited in space with social distancing in place. All in person classes will be preregistered. Please visit our website c3gov.com/fitness for virtual class links, and the in person class schedule with more directions on how to register.

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

Our Silver Sneaker classes are geared towards our* older active adult population. You do not need to be a member of Silver Sneakers in order to take our Silver Sneaker classes. This fall season, our Silver Sneaker classes will be held virtually for the safety of our participants. You can find all the Silver Sneaker classes* and links to the virtual classes at c3gov.com/fitness.

WEIGHT TRAINING

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

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

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

information.

FITNESS AND WELLNESS SUMMER PROGRAMS

TAI-CHI (VIRTUAL)

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.

3/8-3/29 M 2-3 p.m. \$35/\$40 3051.101 Virtual

GUIDED MEDITATION/ RESTORATIVE YOGA (VIRTUAL)

Guided Meditation and Restorative Yoga 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.

2/3-2/24 W 6:30-7:30 p.m. \$35/\$40 3651.101 Virtual

SET, ATTAIN, GOAL! (VIRTUAL)

In this interactive group, led by Wellness Coach, Mariel Cheek, explore how to create motivating goals and be successful in meeting them. We begin with a two-week intro/ prep on Tuesdays and Thursdays from 6-7 p.m. The third week, we will drop down to just one day a week where you choose either Tuesday or Thursday from 6-7 p.m. Here, you get the opportunity to set a small goal to practice what you are learning. Come ready to share about your experiences and learn from others. Leave with some self-discovery & skills that can continue to influence a positive lifestyle long after we end.

1/5-2/4 Tu/Th 5:30-6:30 p.m. \$60/\$65 3951.101 Virtual

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!

3/2-4/8 Tu/Th 5:15-6:15 p.m. \$100/\$105 3451.101 BR

TRX + KETTLEBELLS

This individualized exercise class uses only TRX and Kettlebells to give you a full body workout. You will tone and strengthen all your major muscle groups while also getting your heartrate up to burn the maximal amount of calories. Get ready to see results!

1/19-2/18 Tu/Th 7-8 p.m. \$85/\$90 3151.101 BR

PARENT-TOT YOGA

Ages 3-6

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.

2/2-2/23 Tu 9:30-10:30 a.m. \$40/\$45 3261.101 BR

4/6-4/27 Tu 9:30-10:30 a.m. \$40/\$45 3262.101 BR

PHYS. ED. FUN

Ages 9-12

Whether your children are homeschooled or learning virtually this school year, this class is for kids to learn the importance of exercise and fitness through fun games and friendly competition. It's like an hour of gym class! We hope that it will get their heart rates up, positively channel their energy, and build lifelong, healthy habits.

2/1-2/22 M	4:30-5:30 p.m.	\$40/\$45	3263.101 BR
3/1-3/22 M	4:30-5:30 p.m.	\$40/\$45	3264.101 BR

ACTIVE ADULTS ON WEIGHTS

50 years and older

You DO NOT need weights for this class! 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.

2/2-2/23 Tu	Noon-1 p.m.	\$25/\$30	3171.101 BR
3/9-3/30 Tu	Noon-1 p.m.	\$25/\$30	3172.101 BR

NEW YEAR, GET IN GEAR

Start the year off right! Our New Year Fitness Challenge is for anyone trying to get healthy, workout regularly, eat a nutritious diet, feel good inside and out! You will get personalized workouts each week to do on your time, in your own space; receive nutrition guidance, healthy food suggestions and be held accountable by a certified personal trainer. While this class is mostly individual, you will come into Bison Ridge for weekly weigh-ins and be in communication with the trainers and other participants to cheer and encourage you!

1/6-2/24 W	5:30-6:30 p.m.	\$100/\$105	3751.101 BR
------------	----------------	-------------	-------------

DIABETES SELF-EMPOWERMENT PROGRAM

For adults (18+) who have been diagnosed with Type 2 Diabetes. Their family, friends, and caregivers are also welcome to attend. The in-person classes are delivered in four 2-hour sessions. The Virtual Classes are delivered in eight 1-hour sessions. These classes cover a variety of topics to provide participant with tools to help them optimally manage their blood sugars and diabetes. Topics include a review of the disease process, incorporating physical activity, healthy eating, using medications effectively, monitoring your blood sugars, prevention of complications, and building a support system.

2/9-3/30 Tu	5-6 p.m.	FREE	www.tchd.org/diabetes
-------------	----------	------	-----------------------

PERSONAL TRAINING SPECIAL

Buy 3 sessions, get 1 FREE!
January 1-January 31, 2020

No refunds for unused sessions



GOLF

Gathering restrictions in place due to COVID-19 prevention have impacted many of the programs normally held at Buffalo Run. Please contact the golf shop at 303-289-1500 for more details.

Winter Rates

Nov. 2, 2020-Mar. 8, 2021

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

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

SENIOR APPRECIATION DAY

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

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

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

Celebrate the New Year at Bison Grill

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

Dec. 31, 2020 • 5:30-8:30 p.m.

Book A Tee Time

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

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

LOCATION

15700 E. 112th Avenue
 Commerce City, CO 80022303-289-1500

Golf Course Hours*

Sunrise - sunset

Driving Range Hours

*Sunrise - one hour prior to sunset

*Weather permitting.

From Nov. 23, 2020-Mar. 8, 2021, the Bison Grill will change to winter hours and open for breakfast daily at 8:00 a.m. The kitchen will close at 8:00 p.m. Saturday-Thursday and at 9:00 p.m. on Friday.



GYMNASTICS

Beginning level classes focus on movement.

Registration for parent-taught and pre-gymnastics starts December 1st for Residents, December 3rd for Non-Residents.

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

PARENT-TAUGHT

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

Ages 2-4 and parent

Mon 1/4-2/15	9:00-9:45 a.m.	2101.101
by 12/29 \$27/\$37 on 12/30 \$37/\$47		
Tue 1/5-2/16	9:00-9:45 a.m.	2101.102
by 12/29 \$27/\$37 on 12/30 \$37/\$47		
Tue 1/5-2/16	10:15-11:00 a.m.	2101.103
by 12/29 \$27/\$37 on 12/30 \$37/\$47		

Fri 1/8-2/19	9:00-9:45 a.m.	2101.104
by 12/29 \$27/\$37 on 12/30 \$37/\$47		
Fri 1/8-2/19	10:15-11:00 a.m.	2101.105
by 12/29 \$27/\$37 on 12/30 \$37/\$47		
Sat 1/9-2/20	9-9:45 a.m.	2101.106
by 12/29 \$27/\$37 on 12/30 \$37/\$47		
Mon 3/8-4/19	9:00-9:45 a.m.	2102.101
by 3/2 \$27/\$37 on 3/3 \$37/\$47		
Tue 3/9-4/20	9:00-9:45 a.m.	2102.102
by 3/2 \$27/\$37 on 3/3 \$37/\$47		
Tue 3/9-4/20	10:15-11:00 a.m.	2102.103
by 3/2 \$27/\$37 on 3/3 \$37/\$47		
Fri 3/12-4/23	9:00-9:45 a.m.	2102.104
by 3/2 \$27/\$37 on 3/3 \$37/\$47		
Fri 3/12-4/23	10:15-11:00 a.m.	2102.105
by 3/2 \$27/\$37 on 3/3 \$37/\$47		
Sat 3/13-4/24	9-9:45 a.m.	2102.106
by 3/2 \$27/\$37 on 3/3 \$37/\$47		

PRE-GYMNASTICS

With Parent or Guardian to help with social distancing

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 1/4-2/15	10:15-11:00 a.m.	2201.101
by 12/29 \$27/\$37 on 12/30 \$37/\$47		
Mon 1/4-2/15	11:30-12:15 p.m.	2201.102
by 12/29 \$27/\$37 on 12/30 \$37/\$47		
Tue 1/5-2/16	11:30-12:15 p.m.	2201.103
by 12/29 \$27/\$37 on 12/30 \$37/\$47		
Fri 1/8-2/19	11:30-12:15 p.m.	2201.104
by 12/29 \$27/\$37 on 12/30 \$37/\$47		
Sat 1/9-2/20	10:15-11:00 a.m.	2201.105
by 12/29 \$27/\$37 on 12/30 \$37/\$47		
Sat 1/9-2/20	11:30-12:15 p.m.	2201.106
by 12/29 \$27/\$37 on 12/30 \$37/\$47		
Mon 3/8-4/19	10:15-11:00 a.m.	2202.101
by 3/2 \$27/\$37 on 3/3 \$37/\$47		
Mon 3/8-4/19	11:30-12:15 p.m.	2202.102
by 3/2 \$27/\$37 on 3/3 \$37/\$47		

Tue 3/9-4/20	11:30-12:15 p.m.	2202.103
by 3/2 \$27/\$37	on 3/3 \$37/\$47	
Fri 3/12-4/23	11:30-12:15 p.m.	2202.104
by 3/2 \$27/\$37	on 3/3 \$37/\$47	
Sat 3/13-4/24	10:15-11:00 a.m.	2202.105
by 3/2 \$27/\$37	on 3/3 \$37/\$47	
Sat 3/13-4/24	11:30-12:15 p.m.	2202.106
by 3/2 \$27/\$37	on 3/3 \$37/\$47	

Early registration for beginning, advanced beginning and intermediate class levels starts December 21st for residents and December 23rd for non-residents for session 1, ending on December 29th. Starting December 30th, 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 February 22nd for residents, and February 24th for non-residents, ending on March 2nd. Starting on March 3rd, 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 1/4-2/15	4:00-5:00 p.m.	2301.101
by 12/29 \$32/\$42	on 12/30 \$42/\$52	
Mon 1/4-2/15	4:00-5:00 p.m.	2301.102
by 12/29 \$32/\$42	on 12/30 \$42/\$52	
Sat 1/9-2/20	1:45-2:45 p.m.	2301.103
by 12/29 \$32/\$42	on 12/30 \$42/\$52	
Sat 1/9-2/20	1:45-2:45 p.m.	2301.104
by 12/29 \$32/\$42	on 12/30 \$42/\$52	
Mon 3/8-4/19	4:00-5:00 p.m.	2302.101
by 3/2 \$32/\$42	on 3/3 \$42/\$52	
Mon 3/8-4/19	4:00-5:00 p.m.	2302.102
by 3/2 \$32/\$42	on 3/3 \$42/\$52	
Sat 3/13-4/24	1:45-2:45 p.m.	2302.103
by 3/2 \$32/\$42	on 3/3 \$42/\$52	
Sat 3/13-4/24	1:45-2:45 p.m.	2302.104
by 3/2 \$32/\$42	on 3/3 \$42/\$52	

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

Tue 1/5-2/16	4:00-5:00 p.m.	2311.101
by 12/29 \$32/\$42	on 12/30 \$42/\$52	
Tue 1/5-2/16	4:00-5:00 p.m.	2311.102
by 12/29 \$32/\$42	on 12/30 \$42/\$52	
Sat 1/9-2/20	3:15-4:15 p.m.	2311.103
by 12/29 \$32/\$42	on 12/30 \$42/\$52	
Tue 3/9-4/20	4:00-5:00 p.m.	2312.101
by 3/2 \$32/\$42	on 3/3 \$42/\$52	
Tue 3/9-4/20	4:00-5:00 p.m.	2312.102
by 3/2 \$32/\$42	on 3/3 \$42/\$52	
Sat 3/13-4/24	3:15-4:15 p.m.	2312.103
by 3/2 \$32/\$42	on 3/3 \$42/\$52	

INTERMEDIATE GYMNASTICS

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

Ages 6-17

Wed 1/6-2/17	4:00-5:00 p.m.	2321.101
by 12/29 \$32/\$42	on 12/30 \$42/\$52	
Wed 1/6-2/17	4:00-5:00 p.m.	2321.102
by 12/29 \$32/\$42	on 12/30 \$42/\$52	
Sat 1/9-2/20	3:15-4:15 p.m.	2321.103
by 12/29 \$32/\$42	on 12/30 \$42/\$52	
Wed 3/10-4/21	4:00-5:00 p.m.	2322.101
by 3/2 \$32/\$42	on 3/3 \$42/\$52	
Wed 3/10-4/21	4:00-5:00 p.m.	2322.102
by 3/2 \$32/\$42	on 3/3 \$42/\$52	
Sat 3/13-4/24	3:15-4:15 p.m.	2322.103
by 3/2 \$32/\$42	on 3/3 \$42/\$52	

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

Thu 1/7-2/18	4:00-5:00 p.m.	2441.101
by 12/29 \$32/\$42	on 12/30 \$42/\$52	

Thu 1/7-2/18	4:00-5:00 p.m.	2441.102
by 12/29 \$32/\$42	on 12/30 \$42/\$52	

Thu 3/11-4/22	4:00-5:00 p.m.	2442.101
by 3/2 \$32/\$42	on 3/3 \$42/\$52	

Thu 3/11-4/22	4:00-5:00 p.m.	2442.102
by 3/2 \$32/\$42	on 3/3 \$42/\$52	

CARA GIRLS GYMNASTICS TEAM COMPULSORY LEVEL 3 AND 4

Participants will return to the gym after COVID-19 break in programs. The focus of these practices will be to slowly reintegrate into the sport stressing stretching, conditioning and skill drills while we safely rebuild gymnasts to the performance levels that they left with before the pandemic. These practices will start athletes off slowly allowing their bodies to gradually rebuild to their optimal performance levels while minimizing the risk of injury. Social distancing, masks, sanitation, and cleaning will all be implemented into programs to keep our athletes as safe as possible. These classes are by invitation only and you will be contacted by your instructor with the group number you have been assigned to.

Ages 6-17

Groups

C1 – 8 girls

Mon/Wed 5:30-7 pm	1/4-1/27	2401.101
\$67/\$77 4 wks	2/1-2/24	2402.101
	*3/1-3/31	2403.101 – 5 wks
	4/5-4/28	2404.101

*\$84/\$94

C2 – 8 girls

Mon/Wed 5:30-7 pm	1/4-1/29	2401.102
\$67/\$77 4 wks	2/1-2/26	2402.102
	3/1-3/26	2403.102
	*3/29-4/30	2404.102 – 5 wks

*\$84/\$94

C3 – 8 girls

Tue/Thu 5:30-7 pm	1/5-1/28	2401.103
\$67/\$77 4 wks	2/2-2/25	2402.103
	*3/2-4/1	2403.103 – 5 wks
	4/6-4/29	2404.103

*\$84/\$94

C4 – 8 girls

Tue/Thu 5:30-7 pm	1/5-1/28	2401.104
\$67/\$77 4 wks	2/2-2/25	2402.104
	*3/2-4/1	2403.104 – 5 wks
	4/6-4/29	2401.104

*\$84/\$94

CARA GIRLS GYMNASTICS TEAM OPTIONAL LEVELS

Participants will return to the gym after COVID-19 break in programs. The focus of these practices will be to slowly reintegrate into the sport stressing stretching, conditioning and skill drills while we safely rebuild gymnasts to the performance levels that they left with before the pandemic. These practices will start athletes off slowly allowing their bodies to gradually rebuild to their optimal performance levels while minimizing the risk of injury. Social distancing, masks, sanitation, and cleaning will all be implemented into programs to keep our athletes as safe as possible. These classes are by invitation only and you will be contacted by your instructor with the group number you have been assigned to.

Ages 6-17

Groups

O1 – 8 girls

Mon/Wed 7:30-9 pm	1/4-1/27	2411.101
\$67/\$77 4 wks	2/1-2/24	2412.101
	*3/1-3/31	2413.101 – 5 wks
	4/5-4/28	2414.101

*\$84/\$94

O2 – 8 girls

Mon/Wed 7:30-9 pm	1/4-1/29	2411.102
\$67/\$77 4 wks	2/1-2/26	2412.102
	*3/1-4/2	2413.102 – 5 wks
	4/5-4/30	2414.102

*\$84/\$94

O3 – 8 girls

Tue/Thu 7:30-9 pm	1/5-1/28	2411.103
\$67/\$77 4 wks	2/2-2/25	2412.103
	*3/2-4/1	2413.103 – 5 wks
	4/6-4/29	2414.103

*\$84/\$94

O4 – 8 girls

Tue/Thu 7:30-9 pm	1/5-1/28	2411.104
\$67/\$77 4 wks	2/2-2/24	2412.104
	*3/2-4/1	2413.104 – 5 wks
	4/6-4/29	2414.104

*\$84/\$94

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

Fri 1/8-2/19 4:00-5:00 p.m. 2351.101

By 12/29 \$45/\$55 on 12/30 \$42/\$52

Fri 3/12-4/23 4:00-5:00 p.m. 2352.101

by 3/2 \$32/\$42 on 3/3 \$42/\$52

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

Fri 1/8-2/19 4-6 p.m. 2361.101

by 12/29 \$32/\$42 on 12/30 \$55/\$65

Fri 3/12-4/23 4-6 p.m. 2362.101

by 3/ \$45/\$55 on 3/3 \$55/\$65

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.

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.

Veterans Memorial Park Renovation Complete

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

Work on the Veteran's Memorial Park is complete! The park recently underwent renovations to become the first all-inclusive park in Commerce City, opening on August 22, 2020.

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

Learn more about the project at c3gov.com/qcl.

City Offers 20 Parks with Many Amenities

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



COMMERCE CITY YOUTH SPORTS

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

REGISTRATION

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

All Youth Sports programming will require participants to be temperature checked, wear a mask and properly social distance at all times and until further notice.

Youth Basketball

Due to changing COVID guidelines, limited information on COVID, and uncertainty of facility availability please be prepared for change in the youth basketball program this season.

This season could offer:

1. A full league ran according to our “normal” standards though with modifications for safety
2. A basketball camp with safety considerations
3. Some combination that allows the youth to be active, have fun, and learn the game in a safe and positive atmosphere.

Please routinely check teamsideline.com/commercecity for updates.

Our goal is to have a decision on how to run the league finalized by mid-December at the latest. Thank you for your time and patience.

YOUTH BASKETBALL CAMP

This exciting 4 week camp will replace our youth basketball league this season and will teach youth the fundamentals of basketball. For Grades K-6.

Bison Ridge Recreation Center

\$40/\$50

Start Week: 1/18

BASKETBALL SKILLS CHALLENGE

The Nuggets Skills Challenge is generally run in partnership with CARA and the Denver Nuggets. Due to uncertainty with CARA we are not sure if this will be the case this year. Our goal is to run a skills challenge either way.

Boys and girls showcase their basketball skills and talents in dribbling, passing, and shooting in this FREE competition. The top scorers from each age group advance to a sectional competition and the top sectional scorers advance to the state championship. For information, email Nic Jones at njones@c3gov.com Ages 6-13 (as of April 30).

Registration will be online this year on Active. 5401.106

2/1 M Bison Ridge Recreation Center

6-9 year olds: 5:30 p.m. check-in 6 p.m. start time

10-13 year olds: 7:30 p.m. check-in; 8:00 p.m. start time

WINTER YOUTH ESPORTS LEAGUE

NBA2K LEAGUE

Join one of the fastest growing sports programs in the country by enrolling in the NBA2K Esports League. Compete against your friends in a fun, safe, and positive setting while displaying your NBA2K skills.

For youth ages 9-14. We will play on Playstation 4 consoles at the Eagle Pointe Recreation Center on weekday evenings. Visit [Teamsideline.com/commercecity](https://teamsideline.com/commercecity) for more information.

Registration Deadline: 1/21 5601.103

Dates: Week of 1/18

Cost: \$25

WEATHER HOTLINE:

PLEASE CALL AFTER 5 P.M.

303-289-3757 OR VISIT

TEAMSIDELINE.COM/COMMERCECITY

SPRING SPORTS

Due to COVID and to find the safest and best possible experiences for our youth sports families changes to our programs may occur at any time. Please routinely check teamsideline.com/commercecity for up to date information on our spring sports programs.

YOUTH VOLLEYBALL GRADES 2-6 (2ND-4TH AND 5TH-6TH SEPARATE DIVISIONS)

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

Registration Deadline: 3/10	5101.101
By 3/3 • \$55/\$65	
After 3/3 • \$65/\$75	
Start Date: Week of 3/22	

YOUTH VOLLEYBALL – GRADES 7-8

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

Registration Deadline: 3/10	5101.102
By 3/3 • \$60/\$70	
After 3/3 • \$70/\$80	
Start Date: Week of 3/22	

Youth Soccer

SOCCER COED DIVISION I: KINDERGARTEN-GRADE 1

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

Registration Deadline: 3/3	5201.101
By 2/24 • \$50/\$60	
After 2/24 • \$60/\$70	
Start Date: Week of 3/15	

SOCCER COED DIVISION II: GRADES 2-3

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

Registration Deadline: 3/3	5201.102
By 2/24 • \$55/\$65	
After 2/24 • \$65/\$75	
Start Date: 3/15	



SOCCER COED DIVISION III: GRADES 4-5

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

Registration Deadline: 3/3	5201.103
By 2/24 • \$60/\$70	
After 2/24 • \$70/\$80	
Start Date: Week of 3/15	

**SPRING YOUTH ESPORTS LEAGUE
FIFA SPRING BREAK TOURNAMENT**

Show off your FIFA skills in this exciting spring break weekend competition. For youth ages 9-14. We will play on PlayStation 4 Consoles at the Eagle Pointe Recreation Center with the newest FIFA game. Top finishers will receive prizes.

Registration Deadline: 3/19	5601.104
Dates: 3/26-3/27	
Cost: \$5	

FIFA LEAGUE

Show off your FIFA skills on Playstation with this exciting and challenging league. For youth ages 9-14. We will play on weeknights at the Eagle Pointe Recreation Center on the Playstation 4 console. Visit teamsideline.com/commercecity for more information.

Registration Deadline: 3/22	5601.105
Dates: Week of 3/29	
Cost: \$25	

**SPRING YOUTH WIFFLEBALL TOURNAMENTS
YOUTH WIFFLEBALL SPRING BREAK TOURNAMENT**

Enjoy your time off and get in the game. This exciting weekend wiffleball competition provides the perfect opportunity to get active while having fun in a safe and positive environment with your friends.

Registration Deadline: 3/12	5701.101
Dates: 3/19-3/20	
Cost: \$10/participant	

For youth ages 9-14
 Division III: 9-10
 Division II: 11-12
 Division I: 13-14
 Weekend of March 20
 Visit teamsideline.com/commercecity for more information.

Registration Information

The parks and recreation department forms teams based on school boundaries; parents please be sure to register your child for the school he or she attends or that is in your neighborhood. Proof of address or enrollment verification may be required before start of season. We will do our best to form teams for each school and to have practices take place at these locations. If teams are unable to be formed at your particular school, we will combine schools/teams that are in close proximity. Registrations received after teams are filled will be put on a waitlist. If enough players sign up before the registration deadline, we will do our best to form a new team from this list. After the registration deadline, waitlisted players may be added to a team if a player drops out before mid-season. Registrations and waitlisted players are on a first-come, first-serve basis. During the season, teams use local schools’ fields or gyms for practice. When there are conflicting uses, recreation staff will work to arrange an alternate location; however, practices may be canceled in rare cases. City staff makes every effort to find coaches for each team. If unable to find a coach, a staff member will run the first practice with assistance from the players’ parents. If a coach is not found prior to the first scheduled game, the team may be cancelled. This is always the last resort, so parents please help us find that perfect coach. If you know someone who is interested in coaching, please pass along contact information to Nic Jones at njones@c3gov.com.

SPORTS – YOUTH REGISTRATION

Bison Ridge 303-286-6801
 Eagle Pointe 303-289-3789
C3gov.com/register

Our Youth Sports Philosophy

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

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

Make a difference and coach youth sports

The Commerce City Parks, Recreation and Golf department relies on volunteers to coach youth sports. All it takes to be a successful coach in the program is a willingness and desire to help children. You can ensure each child has a great experience in organized sports by learning the skills necessary for successful coaching through the National Youth Sports Coaches Association (NYSCA). All coaches for Commerce City youth athletic programs complete NYSCA classes at the recreation center. These classes are provided free of charge for all volunteers. NYSCA teaches coaches how to ensure that each child participating in a sports program has fun, shows progress in the sport, and ultimately, wants to come out and play again. If you are ready to be a youth sports coach or would like additional information please contact the Youth Sports Coordinator Nic Jones at 303-289-3705.



Officials, we need you!

Are you a referee? Do you want to become a referee? Commerce City is now looking for referees for the youth basketball season. Games are Saturday mornings beginning in January. A free clinic will be held prior to the season; this course is for the beginner, as well as the experienced referee. It covers rules, mechanics, techniques, policies and procedures. Lecture and court mechanics will also be included in the training. We are also beginning to look for youth soccer referees and baseball umpires. Please email Nic Jones for more information at njones@c3gov.com.

Additional information can be found on teamsideline.com/commerccity

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.

LOCAL YOUTH SPORTS PROVIDERS LIST AND CONTACTS:

COMMERCE CITY YOUTH ATHLETICS (CCYA)

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

Raiders Tackle Football (Fall) - Chuck Ingram 303-286-7669

Lady Raiders Cheerleading Squad (Fall) - Kathy Eggleston 303-419-2584 or ccyacheer@hotmail.com

Girls' Softball (Spring) - Bryon Guyer 303-903-0047 or bndguyer@msn.com

ADAMS CITY WRESTLING CLUB

The ACWC provides opportunities for all youth, ages 4-18, to develop their wrestling skills to the highest level possible. Practices are held Monday through Wednesday evenings and matches are on weekends. For more information call 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 (Ages 7-14)

Four different levels of competitive baseball: Major, AAA, AA, & 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 metro area. For more information visit: <https://www.brightonyouthbaseball.com/> or contact Cory Moul at 720-263-1075

BISON LACROSSE CLUB (SPRING/SUMMER/FALL)

Bison lacrosse Club offers youth lacrosse for all levels of experience in the 1st-12th grades. 1st-8th graders participate in the Colorado Youth Lacrosse Association (CYLA). Teams practice twice per week and games are played on the weekends throughout the Denver metro area. 9th-12th grades compete in a high school-specific league. Teams practice twice per week and games are played in the DTC area. All coaches follow Positive Coaching Alliance principles. Email for scholarship, and loaner gear is 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. 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.

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



ADULT SPORTS LEAGUES

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

SPORTS LEAGUE	INFO AVAILABLE	LEAGUE BEGINS	LEAGUE ENDS
Winter Basketball	December	January	March
Winter Volleyball	December	January	March
Summer Softball	March	May	July
Summer Kickball	March	May	July
Summer Outdoor Volleyball	April	June	August
Fall Softball	July	August	October
Fall Futsal	July	August	October

Individual Players List

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

SUMMER SOFTBALL LEAGUE - COED

Get a team of five men and five women together for adult coed softball league beginning in April. A team representative must attend the league meeting at the Commerce City Recreation Center on Wednesday, April 21, at 6:30 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

Wednesday Coed League Begins May 5th

\$530/\$550 (10 Games)

SUMMER SOFTBALL LEAGUE - MEN'S

Join the fun of adult men's evening softball beginning in April. A team representative must attend the league meeting at the Commerce City Recreation Center on Thursday, April 21, at 5:30 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

Tuesday E-Rec League Begins May 4th

Thursday Industrial League Begins May 6th

\$550/\$530 (10 Games)

DROP-IN PICKLEBALL AT BISON RIDGE

Tuesdays 5:30 a.m.-12 p.m.

Thursdays 5:30 a.m.-12 p.m.

DROP-IN VOLLEYBALL

Bison Ridge – Gym #3

Monday 7:30-9 p.m.

Eagle Pointe – Gym #3

Fridays 7pm to 9:30 p.m.

Leagues starting in January at Bison Ridge

COED ADULT VOLLEYBALL LEAGUE

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

Deadline to Register January 21

League Meeting January 19 6 p.m. at Bison Ridge
First six teams to register have a spot in the league.

League Begins January 25

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

Call 303 289-3706 for more information.

BATTING CAGES – REOPEN APRIL 3RD

The Batting Cages at Pioneer Park, 5902 Holly St., open for the 2021 season on Saturday, April 3. Batting cages are open weather permitting (minimum 45 degrees and dry conditions). For information on the batting cages, please call 303-289-3706 or visit c3gov.com/recreation.

Tennis Courts

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

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

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

Athletic facility rentals

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

Pioneer Park, 5902 Holly St.

Four multipurpose baseball/softball fields with lights (Game fields, with 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 PROGRAMS

KIDZ ONLY

Ages 6-10

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

1/8 F	6-8:30 p.m.	\$10/\$12	7651.101 BR
2/5 F	6-8:30 p.m.	\$10/\$12	7652.101 BR
3/5 F	6-8:30 p.m.	\$10/\$12	7653.101 BR
4/9 F	6-8:30 p.m.	\$10/\$12	7654.101 BR
5/14 F	6-8:30 p.m.	\$10/\$12	7655.101 BR

MIXED MEDIA

Ages 6-10

Create a variety of projects using paint, papermache, and charcoal. Perfect for those who are just starting to express an interest in art.

4/5-4/26 M	4-5p.m.	\$35/\$45	7664.102 BR
------------	---------	-----------	-------------

CODE CLUB

Ages 7-10

Make your own games, animations, and websites with coding languages such as Scratch, HTML/CSS, and Python.

2/2 M	6-7:30 p.m.	\$5/\$9	7502.101 EP
2/16 M	6-7:30 p.m.	\$5/\$9	7502.102 EP
3/2 M	6-7:30 p.m.	\$5/\$9	7503.101 EP
3/16 M	6-7:30 p.m.	\$5/\$9	7503.102 EP
4/6 M	6-7:30 p.m.	\$5/\$9	7504.101 EP
4/20 M	6-7:30 p.m.	\$5/\$9	7504.102 EP
5/4 M	6-7:30 p.m.	\$5/\$9	7505.101 EP
5/18 M	6-7:30 p.m.	\$5/\$9	7505.102 EP

MASTERCHEF JR.

Ages 8-10

Imagination, new friends, and great food are all waiting for your kids in our kitchen.

2/8-2/22 M	2-2:45 p.m.	\$35/\$45	7612.101 BR
------------	-------------	-----------	-------------

STEM FUNDAMENTALS WITH PLAYWELL

Ages 6-10

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Design and build as never before and explore your craziest ideas.

3/1-3/21	4-5 p.m.	\$75/\$90	7663.102 BR
----------	----------	-----------	-------------

JR. HORSETREK

Ages 8-10

Spend your spring break at The Urban Farm learning basic horsemanship and taking a short trail ride. Transportation provided from Eagle Pointe Recreation Center

3/22-3/23 M,Tu	10 a.m.-2 p.m.	\$60/\$75	7613.101 EP
----------------	----------------	-----------	-------------

INTRO TO ARCHERY

Ages 8-10

Learn safety, form, shot sequence, and focus. Bows are available to all participants. Pick up and drop off at Eagle Pointe or Bison Ridge Recreation Centers.

4/10-4/24 Sat	Noon-2 p.m.	\$35/\$45	7604.101 EP
4/10-4/24 Sat	Noon-2.p.m.	\$35/\$45	7664.101 BR

FLYING SAUCERS AND HANDMADE CATAPULTS

Ages 6-10

Send things flying through the air – spinning, floating and flying. We will make a mini hover craft, frisbees and a tumblewing. And, don't forget about the catapults – how can we use a lever to build the best catapult? Build the Viking and the Mini Office catapult as well as a trebuchet!

Note: Some projects may take two classes.

5/13-5/24 M	4-5p.m.	\$30/\$45	7665.101 BR
-------------	---------	-----------	-------------



SUMMER CAMPS

Our state licensed summer camps provide a safe and nurturing place for kids and teens to become independent and self-confident- while making new friends and learning new skills.

In addition to our Youth Camp Venture (ages 6-10) and Adventure Trek (ages 11-4), in summer 2021 we will begin offering an LIT program (ages 14-15) for teens who are interested in learning more about what it is like to work with children.

Camp Open House

Stop by one of our camp open houses to pick up enrollment packets and LIT applications, tour the Eagle Pointe Recreation Center, meet the camp leadership team, and get answers to any questions you may have.

Enrollment Packets

All children attending camp are required to complete an enrollment packet prior to registration.

Enrollment packets can be downloaded at www.c3gov.com/camp beginning Feb. 1, 2021 or picked up at one of our camp open houses. Campers who have not submitted complete enrollment packets will not be permitted to register.

IMPORTANT DATES

Camp Open House

Saturday, Jan. 30 10 a.m.-Noon EP

Camp Open House

Wednesday, Feb. 10 6-8 p.m. EP

Camp Registration Opens

Wednesday, Feb. 17 10 a.m. EP and BR

Pre-Camp Information Meeting for All Registered Families

Wednesday, May 19 6 p.m. EP

YOUTH CAMP VENTURE

This traditional camp for children ages 6-10 offers arts and crafts, STEM, active play, swimming and weekly field trips. Beginning summer 2021, camp will primarily take place outside at at Eagle Pointe Recreation center. More information regarding themes and trips will be available on our website closer to the time of registration.

Mon-Fri 6/7-8/6 \$135/\$160 per week 7 a.m.-6 p.m.

*Space is limited, trips subject to change

ADVENTURE TREK CAMP

This field trip based camp provides a new adventure every day. Teens ages 11-14 will travel offsite for hiking, museum tours, service projects, and water activities. Drop off and pick up available at Eagle Pointe Recreation Center or Second Creek Elementary School. More information about trips will be available on our website closer to the time of registration.

Mon-Thurs 6/7-8/5 Fee: \$135/\$160 per week 7 a.m.-6 p.m.

LEADERS IN TRAINING

Our Leaders in Training (LIT) program is designed for teens ages 14-15 who are thinking about a career working with children. Participants will complete a CPR/First Aid course and learn leadership skills, conflict resolution, program planning, and safe supervision techniques. Teens who are interested must complete an application and participate in an interview. If selected to participate, teens must attend a mandatory training and commit to attend a four-week block of camp. Please note that this program will be selective, and some applicants may not be chosen.

Mon-Thurs 6/7-8/5	Fee: \$135/\$160	7 a.m.-6 p.m.	
Applications Available	Saturday, January 30	10 a.m.	EP and BR*
Application Deadline	Friday, March 19	5 p.m.	EP and BR
Interviews	April 5-16		EP and BR
Mandatory Training	M-Th, June 7-10	9 a.m.-4 p.m.	EP
LIT Block A	M-Th, June 14-July 8	7 a.m.-6 p.m.	EP
LIT Block B	M-Th, July 12-August 5	7 a.m.-6 p.m.	EP

*Applications will also be available online at www.c3gov.com/camp

TEEN PROGRAMS

BOXING

Ages 11-17

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. Check website for updates.

STEM CHALLENGE WITH LEGO MATERIALS

Ages 11-14

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO parts! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects. Design and build as never before and explore your craziest ideas.

1/4-1/25 M	3-5 p.m.	\$60/\$75	7851.101 BR
1/6-1/27 W	5-7 p.m.	\$80/\$95	7801.101 EP

GOOD FOOD PROJECT

Ages 11-14

The Good Food Project will improve your confidence in the kitchen by teaching you how to cook food you love, in a fun and accessible way. Our classes are completely hands-on where you eat everything you made. You'll leave with actionable skills that you can use right away to successfully cook each dish as is or change it up and make it your own.

2/1-2/22 M	3-5 p.m.	\$55/\$65	7851.102 BR
2/3-2/24 W	5-7 p.m.	\$55/\$65	7801.102 EP

ALL THAT AND A RASPBERRY PI

Ages 11-14

Explore the creative nature of the Raspberry Pi as we tackle the broad uses of this miniature computer.

4/5-4/26 M	3-5 p.m.	\$40/\$50	7851.104 BR
------------	----------	-----------	-------------

3D MODELING

Ages 11-14

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

4/7-4/28 W	5-7 p.m.	\$60/\$70	7801.104 EP
------------	----------	-----------	-------------

PICKLEBALL

Ages 11-14

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Learn the basics of the game while getting a workout and having fun!

5/3-5/24 M	3-5 p.m.	\$25/\$35	7851.105 BR
------------	----------	-----------	-------------

KICKBALL

Ages 11-14

Join us and discover the multiple different variations kickball has to offer. Each week we will explore a new variation to keep the game constantly changing! Have fun and get some exercise in with friends!

5/5-5/26 W	5-7 p.m.	\$25/\$35	7801.105 EP
------------	----------	-----------	-------------

HORSE TREK: BEGINNER

Ages 11-17

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

5/1-5/22 Sa	9 a.m.-2 p.m.	\$75/\$90	7801.108 EP
-------------	---------------	-----------	-------------

OH SNAP! PHOTOGRAPHY

Ages 11-17

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

3/22-3/24	9 a.m. - 1 p.m.	\$55/\$70	7851.106 BR
-----------	-----------------	-----------	-------------

URBAN FARM ANIMAL EXPERIENCE

Ages 11-17

Meet at Eagle Pointe Recreation Center and travel to The Urban Farm for an "All Around the Farm" Experience.

3/25-3/26 Th/F	9 a.m. - 2 p.m.	\$40/\$55	7801.109 EP
----------------	-----------------	-----------	-------------



ADVENTURE EXPLORERS: SNOW SERIES

Ages 11-17

Adventure is calling with our snow adventure series! Join us for 4 days of fun in the snow and excitement!

2/13-2/27 Sa	8 a.m.-3 p.m.	\$110/\$135	7851.107 BR
--------------	---------------	-------------	-------------

- 2/13- Tubing
- 2/20- Snowshoeing
- 2/27- Ice Skating

ADVENTURE EXPLORERS: X-TREME SERIES

Ages 11-17

Adventure is calling with our x-treme adventure series! Join us for 4 days of fun and excitement!

4/3-4/24 Sa	8 a.m.-3 p.m.	\$140/\$165	7851.108 BR
-------------	---------------	-------------	-------------

- 4/3- Ziplining
- 4/10- Indoor Skydiving
- 4/17- High Ropes Course
- 4/24- Rock Climbing

THE PAGE TURNERS GRADES

Grades 6-8

Grab a book, cozy up, and get lost in the story. Join Recreation staff to discuss a new book each month, create book themed crafts, snack and enjoy the company of others.

Group meets throughout month virtually. Will meet in person once monthly.

FREE

January: To Kill A Mockingbird	7851.103
February: Fish in a Tree	7851.109
March: The Lion, The Witch and The Wardrobe	7851.110
April: Tuck Everlasting	7851.111
May: The Lightning Thief	7851.112

ADAMS COUNTY MAYORS AND COMMISSIONERS YOUTH AWARDS (ACMCYA)

ACMCYA is an award that recognizes teenagers between the ages of 13 and 19 who have overcome personal adversity, created positive changes in their environments, or who have contributed in their own way towards making their lives or communities a better place in which to live. The ACMCYA is a tiered program that recognizes nominees at a local and county level. If you know young people who would be good candidates for ACMCYA please call 303.289.3674 for more information.

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.

WOULD YOU LIKE TO BE A NEW YAC MEMBER?

We would love to have you join us for the 2020-2021 school year. Pick up an application at Eagle Pointe or Bison Ridge Recreation Center., or download one from our Web site at www.c3gov.com or call 303-289-3674.

SOCIAL HUB AGES: 11-17 BISON RIDGE

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

FREE	Monday- Wednesday	5:30-8:30 p.m.
------	-------------------	----------------

Waiver available on website: waiver required for all participants.

DROP IN AGES: 11-17 EAGLE POINTE

Drop-in activities including billiards, Xr-game wall, XBOX One, Nintendo Switch, crafts and board games.

FREE Tuesday-Friday	5:30-8:30 p.m.
Saturday	Noon-5 p.m.

Waiver available on website: waiver required for all participants.

Recreation SCHOLARSHIP Program



ALL AGES CAN APPLY!

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

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

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



Goodfriends Scholarship Program

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



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

For more information contact:

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

GET *More* OUTTA LIFE

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

facebook.com/commercecityparksrecgolf

instagram.com/commercecityparksrecgolf

