SPLASH INTO SUMMER 2015
REGISTRATION BEGINS APRIL 6
www.c3gov.com/recreation
FISHING FRENZY DERBY – Join Commerce City, Bass Pro Shops and the Rocky Mountain Arsenal National Wildlife Refuge for the eighth annual FREE fishing derby. See page 6 for more information. Ages: 3-15

MEMORIAL DAY PARADE – The 51st annual Commerce City Memorial Day Parade provides an opportunity for patriotic Americans to come together and honor those who have sacrificed so much in service to the country. Be a part of Colorado’s largest Memorial Day parade! View route information at c3gov.com/parade. Mon 5/25 10 a.m.

SUMMER CAMP – Leap into an unforgettable summer experience for children ages 6-10 and 11-15. See page 35 for more information. Commerce City Recreation Center or Reunion South Lawn Pavilion • Camps run June 8-Aug 7

NEIGHBORHOOD OUTREACHES – Bring your family to enjoy this Commerce City summer tradition. Enjoy free food and entertainment, while learning more about the city, local nonprofit organizations, and service providers. June 11, 6-8:30 p.m., River Run Park, 11515 Oswego St. • Aug 13, 6-8:30 p.m., Pioneer Park, 5950 Holly St.

4TH FEST – With one of the state’s largest fireworks displays, inflatables and interactive games, live entertainment and the Colorado Rapids taking on the Vancouver Whitecaps FC, Commerce City knows how to throw a party for our nation’s birthday. Tickets to the game ($). More information at coloradorapids.com/4thfest. Sat 7/4 5-9 p.m. Dick’s Sporting Goods Park

COMMERCE CITY’S CULTURAL COUNCIL CONCERTS IN THE PARK – Bring your picnic baskets and blankets for a free night of music. Thursdays in July. See page 7 for more information.
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How To Read This Guide
Each section's course offerings can easily be found using the color
code above. Participants can get more information about a class
by calling the phone number associated with each program. Unless
specified, classes are open to participants 16 years or older.

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>REGISTRATION NO.</th>
<th>FEE FOR RESIDENT/NONRESIDENT</th>
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<tr>
<td>Mon</td>
<td>4/6</td>
<td>8-9 a.m.</td>
<td>1234.123</td>
<td>$7/$8</td>
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</tbody>
</table>

Registration for summer classes opens April 6. Participants can
register online, in person or by phone. Classes that are new or part of
a specific program are identified with the program logo.

- Denotes a new course or activity offering.
- Youth program that provides positive activities as an
  alternative to crime and violence.
- FREE fitness classes and social events for adults ages
  62+ who are program members; recreation center
  members are welcome to participate at no additional cost.
REGISTER EARLY FOR SUMMER CLASSES
Sign up online, in person or by phone

How to Register
Registration for summer classes and programs begin April 6.

HOW TO REGISTER:
• Phone: 303-289-3789
• In person: 6060 E. Parkway Dr.
• Online: www.c3gov.com/recreation

If registering online for the first time, you will need to set up an account for payment and contact information; follow the steps displayed on screen. If you have used online registration recently, sign on to your existing account.

Please Note: new accounts may take up to 24 hours to activate, excluding weekends and holidays. Be sure to set up a new account in advance of summer registration, which begins April 6. Internet reservations not available on a cell phone.

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. 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.

Americans with Disabilities Act
Commerce City Parks and Recreation 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 and Recreation services, programs, or activities, the City will make reasonable accommodations such as changing rules, policies, and practices; removing barriers to participation; or providing auxiliary aids or services in order to assure you are given an opportunity to participate.

To assist Commerce City Parks and Recreation 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. If you have questions regarding the Americans With Disabilities Act, contact Karen O’Donnell at 303-289-3751.

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.

HOST YOUR EVENT HERE
Plan a unique event at the recreation center, including private swimming and gymnastics parties. Multipurpose rooms offer 1,425 square feet and comfortably seat up to 150 people theater-style or 100 banquet-style. Hourly rates are $20 to $45, depending on space and use. A security deposit of $50 per room is required and is refundable if the facility is left clean and undamaged. Room rental is subject to the following conditions:

• No alcohol allowed on the premises.
• Minimum charge of two hours for each room.
• After-hours room rentals available until midnight for an additional fee.
• Political events/ fundraisers are prohibited.

TO REGISTER, CALL 303-289-3789
CENTER MEMBERSHIPS
BENEFIT THE WHOLE FAMILY
Swim, work out, lift weights and more for a great rate

Recreation Center Fees
Commerce City offers quality facilities, programs and classes at affordable rates. Membership packages for residents and nonresidents include access to a variety of FREE fitness classes, heated swimming pool, an indoor track and cardio/weight room, gymnasium and racquetball.

Resident Rates

<table>
<thead>
<tr>
<th>Age/Category</th>
<th>20-Visit Card Pass</th>
<th>Monthly Pass</th>
<th>Six-month Pass</th>
<th>Annual Membership</th>
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<td>Individual Adult</td>
<td>$48</td>
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<td>Individual Child, Age 2-7</td>
<td>$16</td>
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<tr>
<td>Individual Youth, Age 8-17</td>
<td>$32</td>
<td>$16</td>
<td>$72</td>
<td>$125</td>
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<tr>
<td>Individual Senior, Age 62+</td>
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<td></td>
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<td>$250</td>
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<tr>
<td>Household of two</td>
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<td></td>
<td></td>
<td>$375</td>
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</tbody>
</table>
*Each additional person $25

A household consists of a parent or legal guardian and dependent children under 18 all living in the same home.

Nonresident Rates

<table>
<thead>
<tr>
<th>Age/Category</th>
<th>20-Visit Card Pass</th>
<th>Monthly Pass</th>
<th>Six-month Pass</th>
<th>Annual Membership</th>
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</thead>
<tbody>
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<td>Individual Adult</td>
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<td>$40</td>
<td>$180</td>
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<tr>
<td>Individual Child, Age 2-7</td>
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<td>Individual Youth, Age 8-17</td>
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<td>$30</td>
<td>$135</td>
<td>$235</td>
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<tr>
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<td>$641.25</td>
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</table>
*Each additional person $30

A household consists of a parent or legal guardian and dependent children under 18 all living in the same home.

Corporate Rates

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
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<tbody>
<tr>
<td>Child 2-7</td>
<td>$3.75</td>
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<tr>
<td>Youth 8-17</td>
<td>$4.75</td>
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<tr>
<td>Adult 18-61</td>
<td>$6</td>
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<tr>
<td>Senior 62+</td>
<td>$4.75</td>
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</table>

Corporation Discounts

No ID drop-in $3.75
Resident w/ID card $1
Nonresident w/ID card $1.50
Corporate w/ID card $3.50

Recreation Center ID
Recreation center ID cards give patrons a discount on drop-in fees. Proof of residency and age is needed to purchase or renew a card. Cards are valid for two years; no refunds. Lost cards may be replaced for $5.

- Youth ages 8-15 must have a parent or guardian complete their registration; adults must meet requirements to qualify for resident rate.
- Children age 7 and younger do not need an ID card; they have the same residency status as the accompanying parent or guardian.
- ID cards are $5 for residents, $6 for corporate members and $7 for nonresidents.

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 AND 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.

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

Scholarship Programs
Commerce City offers scholarship funds for programs and activities. You may apply for up to 50 percent off each class session; proof of income or participation in government assistance programs is required.

Adults ages 62+ can also apply for up to $50 annually toward program costs through the Goodfriends program.

For more information, contact the recreation center at 303-289-3760.

Donations
The Commerce City Parks and Recreation 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.

To Register, call 303-289-3789

WWW.C3GOV.COM/REGISTER
DANCE CLASSES TEACH YOUNGSTERS
MOVEMENT AND BALANCE

Progression to performance starts with learning basics

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.** Summer sessions are technique instruction only and are not followed by a performance.

**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. Ages: 3-4.

**Non-Performance**
Tue 5/26-6/30 5:30-6 p.m.
1001.201 $24/$28 by 5/20
$34/$38 on 5/21

Wed 5/27-7/1 5:45-6:15 p.m.
1001.202 $24/$28 by 5/21
$34/$38 on 5/22

Tue 7/14-8/18 5:45-6:15 p.m.
1002.201 $24/$28 by 7/8
$34/$38 on 7/9

Wed 7/15-8/19 5:45-6:15 p.m.
1002.202 $24/$28 by 7/9
$34/$38 on 7/10

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

**Non-Performance**

**Beginning, Ages 5-6**
Tue 5/26-6/30 6-6:45 p.m.
1101.201 $30/$35 by 5/20
$40/$45 on 5/21

Wed 5/27-7/1 6:15-7 p.m.
1101.202 $30/$35 by 5/21
$40/$45 on 5/22

Tue 7/14-8/18 6-6:45 p.m.
1102.201 $30/$35 by 7/8
$40/$45 on 7/9

Wed 7/15-8/19 6:15-7 p.m.
1102.202 $30/$40 by 7/9
$35/$45 on 7/10

**Beginning, Ages 7-8**
Tue 5/26-6/30 6:45-7:45 p.m.
1101.203 $35/$40 by 5/20
$45/$50 on 5/21

Tue 7/14-8/18 6:45-7:45 p.m.
1102.203 $35/$40 by 7/8
$45/$50 on 7/9
LEARN DANCE STYLES RANGING FROM TAP TO BALLET TO HIP HOP
Class lineup offers something for all ages

**Tap & Jazz**
Spice things up by learning some jazz steps! Dancers in this class will work on more advanced steps and combinations. Participants will explore self-expression while developing self-discipline and confidence. Tap and ballet shoes required. Ages: 9-12.

**Tap & Jazz**
Tue 5/26-6/30  7:45-8:45 p.m.
1131.201 $35/$40 by 5/20
$45/$50 on 5/21

**Tap & Jazz**
Tue 7/14-8/18  7:45-8:45 p.m.
1132.201 $35/$40 by 7/8
$45/$50 on 7/9

**Poms**
The poms program focuses on preparing dancers for high school, college, or professional dance teams. The classes teach sharp, clean motions across the floor and pom combinations. These classes also concentrate on the many "skills" that are required by dance teams such as jumps, leaps, and turns. Ages: 8-15

**Poms**
Wed 5/27-7/1  7-8 p.m.
1501.201 $35/$40 by 5/21
$45/$50 on 5/22

**Poms**
Wed 7/15-8/19  7-8 p.m.
1502.201 $35/$40 by 7/9
$45/$50 on 7/10

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

**Lyrical Dance**
Wed 5/27-7/1  8-9 p.m.
1301.201 $35/$40 by 5/21
$45/$50 on 5/22

**Lyrical Dance**
Wed 7/15-8/19  8-9 p.m.
1302.201 $35/$40 by 7/9
$45/$50 on 7/10

**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.

**Hip Hop**
Intermediate Level, Ages 11-16
Mon 6/1-6/29  6:30-7:30 p.m.
1211.201 $30/$35 by 5/26
$40/$45 on 5/27

**Hip Hop**
Intermediate Level, Ages 11-16
Mon 7/13-8/17  6:30-7:30 p.m.
1212.201 $35/$40 by 7/7
$45/$50 on 7/8

**Advanced Level**
By instructor invitation only
Mon 6/1-6/29  7:30-8:30 p.m.
1231.201 $30/$35 by 5/26
$40/$45 on 5/27

**Advanced Level**
Mon 7/13-8/17  7:30-8:30 p.m.
1232.201 $35/$40 by 7/7
$45/$50 on 7/8

TO REGISTER, CALL 303-289-3789
CELEBRATE AS A FAMILY
Family activities are a great way to have fun in the sun

Fishing Frenzy Derby
Join Commerce City Parks and Recreation, Bass Pro Shops, and the Rocky Mountain Arsenal National Wildlife Refuge for our 8th annual fishing derby. Participants have a chance to interact with professional fisherman, learn about the different aspects of fishing, win cool prizes, and compete in one of the fishing derbies. Please bring your own fishing poles and lures if you have them. The Fishing Frenzy Derby is held at Rocky Mountain Arsenal National Wildlife Refuge. Ages: 3-15
Sat 4/11 FREE
Derby 1 7401.101 9-10 a.m.
Derby 2 7401.102 10:30-11:30 a.m.
Check in begins at 8 a.m.

Father/Son Game Challenge
Lightwall challenges, Xbox One® competitions, Wii U® tournaments and other fun and interactive games throughout the evening with sons, fathers, uncles and grandfathers. Come ready to play! Ages: 4 and up with adult
Mon 4/20 6-8:30 p.m.
7401.103 $5/$9 per person

30th Annual Pancake Breakfast
Rise and shine to delicious pancakes from Flippin’ Flapjacks food truck and sausage at the 30th annual Pancake Breakfast. Bring the whole family to enjoy FREE activities in the Commerce City Recreation Center gym. Kids can jump in the bounce house, create art in the craft corner and more. Bid on the Quilting & Sewing club’s fiber arts and crafts at the silent auction. Proceeds from the event benefit the Goodfriends Scholarship program, providing financial assistance toward recreation programs for seniors. Purchase tickets in advance at the Commerce City Older Adult/Senior Center or online at c3gov.com/register using code 4601.28. Tickets can also be purchased at the door on the day of the event.
Sat 5/2 7-10 a.m.
7401.102 $10/$12 per person

Touch a Truck
Kids of all ages are invited to admire, climb in and sit in the driver’s seat of all different types of city vehicles. All ages welcome.
Wed 7/29 10:30 a.m.-1:30 p.m.
FREE  Pioneer Park parking lot

Mom/Son Lego® Mania
Moms and sons spend an evening together at the Commerce City Recreation Center building Lego® Mania. Ages: 4 and up with adult
Thur 5/7 6-8:30 p.m.
7451.102 $5/$9 per person

Family Night
A great activity for the entire family! Join us at the recreation center for games, arts and crafts and fun family challenges. Ages: 4 and up with parents.
Fri 4/24 6-9 p.m.
7901.102 $10/$12 per person

TO REGISTER, CALL 303-289-3789
WWW.C3GOV.COM/REGISTER
OTHER CITY EVENTS

Colorado Rapids
Commerce City is home to the Colorado Rapids. Check out the complete game schedule at coloradorapids.com/schedule.

Commerce City Heritage and Cultural Center
Visit the first history museum in Commerce City. Learn about the history, businesses, organizations, people and much more.
Sat 10 a.m.-2 p.m. or by appointment.
303-288-2890
6505 E. 60th Ave.

The Denver Poor Farm Presentation
Albert Foos will be at the Commerce City Heritage and Cultural Center to present the history of the Denver Poor Farm. Sponsored by the Commerce City Historical Society.
Mon 3/30 11 a.m. $5 per person
Call 303-946-3426 to register.
Commerce City Heritage and Cultural Center

Memorial Day Parade
The 51st annual Commerce City Memorial Day Parade provides an opportunity for patriotic Americans to come together and honor those who have sacrificed in service to the country. View route information at c3gov.com/parade.
Mon 5/25 10 a.m.

Cine el Parque
Bring your blanket, pack a picnic and watch family movies in the park this summer. Sponsored by El Comercio newspaper.
Thur 6/4 & Thur 7/30 6 p.m.
Fairfax Park

Neighborhood Outreaches
Bring your family to enjoy this Commerce City summer tradition. Enjoy free food and entertainment, while learning more about the city, local nonprofit organizations, and service providers. 6-8:30 p.m.
Thur 6/11 River Run Park
Thur 8/13 Pioneer Park

Reunion
Reunion Metro District
Visit reunionmetro.org for more information and a full schedule of events!

Movie Nights on the Lawn
6/13, 7/11 & 8/1
Movies begin at dusk.

Red, White & Bluegrass Festival
6/28 6-8:30 p.m. FREE

4th Fest
With one of the state’s largest fireworks displays, inflatables and interactive games, live entertainment and the Colorado Rapids taking on the Vancouver Whitecaps FC, Commerce City knows how to throw a party for our nation’s birthday. Tickets to the game ($). More information at coloradorapids.com/4thfest.
Sat 7/4 5-9 p.m.
Dick’s Sporting Goods Park

Commerce City’s Cultural Council Concerts in the Park
Bring your picnic baskets and blankets for a free night of music.
Thursdays in July. 6-8 p.m. FREE
7/9 Reunion, Southlawn, Reunion Pkwy.
Bands: René & 4 Flamenco Dancers and Avoureen Celtic Music
7/16 Pioneer Park, 8902 Holly St.
Band: Homeslice
7/23 River Run Park, 11515 Oswego St.
Band: Rudy Grant
7/30 Pioneer Park, 8902 Holly St.
Band: William Walker

National Night Out Against Crime
National Night Out is organizing neighborhood activities designed to bring people together in targeting crime in the community. Organize an event like a block party or cookout! The first 20 neighborhoods to sign up receive a $25 gift card for their event. To register your neighborhood activity, contact Officer Anna Bungartz at 303-727-3994 or abungartz@c3gov.com.
Tue 8/4
FITNESS

To view the current group exercise schedule please visit our front desk or go to www.c3gov.com/recreation.

To better serve the community, classes may be adjusted periodically through the year. Updates will occur the Friday before the expiration date of the group exercise schedule.

Classes are held in the fitness room on the first floor near the racquetball courts and gymnasium at the recreation center. *All classes except those with an asterisk are included with a membership or punch card use.

Group and aqua fitness classes are included with Annual/SilverSneakers monthly membership/20-punch card.

Asterisked classes require registration. Enroll in a highlighted class by visiting or calling the registration desk: 303-289-3789.

20/20 Fitness: Do you have an hour to spare? Not sure whether to do cardio or strength? Try this class which performs 20 minutes of cardio, 20 minutes of strength, and finish up with a series of abdominal exercises.

All Levels Cycling: Challenge your fitness with simulated cycling terrain. You control the resistance at all times as you go through rolling hills, flats, and climbs.

Cardio Kick, Core & More: This high-energy class incorporates upbeat aerobic kickboxing combinations, strength building movements, and core challenging exercises. This all-in-one class will develop multiple aspects of fitness.

Fitness Boot Camp: Challenge your endurance, speed, agility, power, strength and balance. All exercises are modifiable to meet all fitness levels.

HIIT Fitness: HIIT (High-Intensity Interval Training) is the focus of this class. Challenge yourself with intense cardio and strength intervals that improve all areas of fitness. These exercises push you to the limit, but if you make it to the end we guarantee your body will thank you later!

Instructor’s Choice: You never know what to expect in this class. One class you may be on the indoor bikes while the next class may have you doing kickboxing or strength. Stay on your toes and expect the unexpected and watch your fitness improve every time.

Kickboxing/Strength Express: Moderate and high intensity combinations of punches and kicks get your heart pumping.

Low-Impact Kickboxing: Complete low-impact aerobics, plus combinations of kicks and punches to get your heart pumping and invigorate your body.

Low-Impact Step: A varied workout incorporating step choreography and resistance training.

Power Circuit: Incorporate cardio and core training utilizing a variety of equipment in this intense total body workout.

Senior Strength: This class focuses on strengthening muscles in a safe and progressive manner. End the class with a series of relaxation exercises to prepare you for the day.

Totally Toned: A mix of cardio and toning exercises gives you a great workout and boosts your energy mid-day!

*Weight Loss Boot Camp: This small-group training, led by a certified personal trainer, is designed to give you individual attention and group motivation. Burn calories and test your limits through a combination of cardio and strength training. Boot camp includes modified pre and post assessments to gauge your progress. All fitness levels welcome.

Women on Weights: Sorry guys, this class is just for women. In this small-group class, you will use strength training to help tone and sculpt muscle, lose body fat, increase metabolism and boost your confidence.

Yoga: Nurture your mind and body through poses, breathing, and relaxation. Adult yoga is included with memberships and daily drop in at no additional charge! Mats are limited so we encourage you to bring your own.

Zumba®: Ditch the workout and join the party in this Latin-inspired fitness dance class. Due to popularity, maximum capacity is limited to 35 participants on a first-come basis. It is recommended to arrive early.

Zumba Sentao®: What happens when you use a simple chair to add calorie scorching strength moves to an already high energy Zumba class? You get Zumba Sentao®! This fusion class is half Zumba and half Zumba Sentao®. Capacity is on a first-come basis.

SilverSneakers® Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing workout. Hand weights, elastic tubing and a ball are alternated with low-impact aerobic choreography.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily functional skills. A chair is used for seated and/or standing support.

SilverSneakers® Yoga: Move your entire body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. Restorative breathing exercises and final relaxation promotes stress reduction and mental clarity.

COMMERCE CITY RECREATION CENTER DROP-IN GROUP FITNESS SCHEDULE

TO REGISTER, CALL 303-289-3789
PERSONAL TRAINING

Weight Room Orientation
New to the Commerce City Recreation Center or working out in general? Schedule a FREE, 30-minute weight room orientation with a certified personal trainer and learn how to use the machines safely and correctly for a full body workout.

Fitness Assessments
Fitness assessments enable you to identify strengths and weaknesses to set realistic and attainable goals, and gauge your progress. The full fitness assessment tests all components of fitness: body composition, cardiovascular endurance, muscular strength, and muscular endurance and flexibility. $25/$30

Body Composition
How much adipose tissue (fat) do you have on your body? How much would you have to lose to drop 5, 10, 20 pounds? Are you in a healthy range and what does it take to lose fat? Schedule an appointment to learn this information and have your body composition tested using skinfold caliper technique. FREE Call 303-289-3762.

Fitness Consult
So you are new to the fitness world, not sure where to even begin? Intimidated by all the advice you hear from shows, magazines, and friends? Come learn what is real and what is not in a one-on-one discussion with the fitness coordinator. Bring questions, dispel myths, and learn what it takes to gain control of your health.

Free 30-minute appointment. Call 303-289-3762.

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

One-hour training for the individual
3 one-hour sessions $99/$114
6 one-hour sessions $186/$201
10 one-hour sessions $290/$305

Semi-private (2-3 people)
3 one-hour sessions $81/$96 each person
6 one-hour sessions $150/$165 each person
10 one-hour sessions $230/$245 each person

Paperwork must be completed before personal training registration is allowed. Call 303-289-3762 for more information. Unused personal training sessions expire six months after purchase. Refunds are not provided due to session expiration.

Except as otherwise noted, call 303-289-3762 for more information about any of these fitness services or to schedule an appointment with a fitness professional.
Double Bingo Fitness Class Challenge
June 1- July 31
Want a chance to win one of four $25 gift cards? The challenge is simple:
1. Grab a fitness bingo card at the front desk.
2. Attend the instructor's classes as you fill out the card. (Instructor must sign off on card.)
3. Go to enough classes so you have at least two bingos on your card (vertical, horizontal, diagonal only).

Turn the card in to Glen Batista (Fitness Coordinator) to earn an entry for the gift card giveaways. Drawing will take place on August 3, and the winner will be notified.

Fitness Cinco de Mayo®
Celebrate Cinco de Mayo with this fun, specialty class that combines Zumba®, boot camp, and yoga! Free to current punch card and pass holders, all others pay facility entrance fee. Ages 8 and older (if under 16 must be accompanied by an adult).
Sat 5/2 8:30-9:30 a.m.
3001.201

Women on Weights
Sorry guys—this class is just for women. In this small-group class, use strength training to help tone and sculpt muscle, lose body fat, increase metabolism and boost your confidence.

Session 1
Tue 4/14-5/19 5:30-6:30 p.m.
3103.101 $25/$30
*Sat 4/18-5/23 8:30-9:30 a.m.
3103.102 $21/$25
*5 weeks, no class 5/2.

Session 2
Tue 6/2-7/7 5:30-6:30 p.m.
3101.201 $25/$30
*Sat 6/6-7/11 8:30-9:30 a.m.
3101.202 $21/$25
*5 weeks, no class 7/4.

Session 3
Tue 7/21-8/18 5:30-6:30 p.m.
3102.201 $25/$30
Sat 7/25-8/22 8:30-9:30 a.m.
3102.202 $21/$25 (5 weeks)

Weight Loss Boot Camp
This small group training, led by a certified personal trainer, is designed to give you individual attention and group motivation to whip you into shape. Burn calories and test your limits through a combination of cardio and strength training. Boot camp includes modified pre and post assessments to gauge your progress. All fitness levels welcome.

Session 1
Tue/Thur 4/14-5/21 (6 weeks)
4:30-5:30 p.m.
3703.101 $65/$75

Session 2
Tue/Thur 6/2-7/9 (6 weeks)
4:30-5:30 p.m.
3701.201 $65/$75

Session 3
Tue/Thur 7/21-8/20 (5 weeks)
4:30-5:30 p.m.
3702.201 $55/$65

Teen Weightlifting
Getting fit can help boost a teen's self-esteem, confidence and improve their athletic ability. Class includes 90 minutes of hands-on learning to plan an effective workout and use the weight equipment safely and properly. Teens, ages 14-15, will have their ID validated for access to the weight room, with successful completion. Ages: 14-18

Session 1
Sat 5/23 10-11:30 a.m.
3113.101 $15/$20

Session 2
Sat 6/27 10-11:30 a.m.
3111.201 $15/$20

Fitness Hikes
Fitness hikes will take you to a hiking trail and lead you through scenic routes. Transportation is provided but space is limited to the first 12 people to register. Participants should expect to be on uneven terrain and have the capability to walk continuously for an extended period of time. Trips may be at elevation and require a sustained strenuous effort. Due to time constraints transportation leaves promptly at the listed time. Traffic conditions approximate return times. Dress appropriate for each trip and bring food, sunscreen, and enough water to last the trip. Registration deadline is the Wednesday before each session. A minimum of six registered patrons is required for a trip to go.

Session 1
Sat 6/13 7 a.m.-12 p.m.
South Mesa Trail – Boulder
3031.201 $13/$15

Session 2
Sat 6/20 6 a.m.-1:30 p.m.
Brainerd Trail – Ward
3032.201 $20/$23

Session 3
Sat 7/11 6 a.m.-3 p.m.
Grays and Torreys – Arapahoe
National Forest
3033.201 $25/$28
OLDER ADULT FITNESS/ WELLNESS OPPORTUNITIES

Check out all fitness and wellness programs including SilverSneakers® group fitness, personal training, massage and more on pages 8 and 28.

SilverSneakers® BBQ
Have fun at our summer BBQ, held at Veteran’s Memorial Park next to the Commerce City Recreation Center. In case of poor weather, the location will move inside to ceramics room.
Fri 6/5 11 a.m.-Noon
3511.201 FREE to SilverSneakers® Members, registration required

Nature Hikes
Enjoy the great outdoors! Explore new scenery while taking advantage of opportunities for exercise and socialization. Please pack a sack lunch to enjoy at the end of the hike.
Hike locations are tentative and may change due to weather or other unforeseen circumstances.
Fri 7/10 10 a.m.-2 p.m.
3022.201 $4/$5
Mudd Lake (Nederland)
Fri 8/14 10 a.m.-2 p.m.
3023.201 $4/$5
Bluffs Loop Trail
(Bluffs Regional Park)

SilverSneakers® New Member Welcome
Our monthly welcomes are open to all new older adult members! Welcomes include an opportunity to meet other members, learn about fitness and wellness services, receive a full tour of the facility and learn how to properly use fitness equipment.
Wed 5/20 10-11 a.m.
3711.201 FREE
Wed 7/15 10-11 a.m.
3713.201 FREE

Senior “Shared Experience” Group Discussion
Whether you call it “Health”, “Wellness”, “Exercise”, or “Fitness” we all have experiences and stories about the things we do to keep ourselves moving. Come join our group discussion and learn what others are doing to stay active. This is an open forum lead by the Senior Health/Wellness Committee which provides the opportunity to share the secrets to a long, productive life. The topics included in this discussion revolve around:
• Health
• Exercise
• Home Remedies
• Nutrition
• Wellness
• Facility Programs
If you have a topic you would like to discuss at this event, please bring to the attention of the Health/Wellness Senior Advisory Committee that meets monthly. Contact Glen Batista for more information 303-289-3762.
Tue 5/5 10-11 a.m.
3902.201 FREE
(registration required)
LESSONS ARE A SPRINGBOARD TOWARD COMPETITIVE GYMNASTICS
Beginning level classes focus on movement

Registration for parent-taught and pre-gymnastics starts April 1.

Parent-Taught
Children delve into 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
Wed 5/13-6/24
2101.201
9:30-10:15 a.m.
$24/$28 by 5/7
$34/$38 on 5/8
*Sat 5/16-6/27
2101.202
9:45-9:45 a.m.
$21/$25 by 5/10
$31/$35 on 5/11
Wed 7/15-8/19
2102.201
9:30-10:15 a.m.
$21/$25 by 7/9
$31/$35 on 7/10
Sat 7/18-8/22
2102.202
9:45-9:45 a.m.
$21/$25 by 7/12
$31/$35 on 7/13
*No class 6/13.

Pre-Gymnastics
Certified instructors introduce children to basic gymnastics using all pieces of equipment in this coed class. Boys and girls 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
Wed 5/13-6/24
2201.201
10:30-11:15 a.m.
$24/$28 by 5/7
$34/$38 on 5/8
*Sat 5/16-6/27
2201.202
10-10:45 a.m.
$21/$25 by 5/10
$31/$35 on 5/11
Wed 7/15-8/19
2202.201
10:30-11:15 a.m.
$21/$25 by 7/9
$31/$35 on 7/10
Sat 7/18-8/22
2202.202
10:45-11:30 a.m.
$21/$25 by 7/12
$31/$35 on 7/13
*No class 6/13

Beginning Gymnastics
This class helps youth develop sound mechanical skills, coordination and strength. Gymnasts receive basic instruction in tumbling and all gymnastic apparatus. Ages: 6-17.
Mon 5/11-6/22
2301.201
4:30-5:30 p.m.
$29/$33 by 5/4
$39/$43 on 5/5
Mon 5/11-6/22
2301.202
5:30-6:30 p.m.
$29/$33 by 5/4
$39/$43 on 5/5
Wed 5/13-6/24
2301.203
6:30-7:30 p.m.
$29/$33 by 5/4
$39/$43 on 5/5
*Sat 5/16-6/27
2301.204
Noon-1 p.m.
$25/$29 by 5/4
$35/$39 on 5/5
Mon 7/13-8/17
2302.201
4:30-5:30 p.m.
$25/$29 by 7/6
$35/$39 on 7/7
Mon 7/13-8/17
2302.202
5:30-6:30 p.m.
$25/$29 by 7/6
$35/$39 on 7/7
Wed 7/15-8/19
2302.203
6:30-7:30 p.m.
$25/$29 by 7/6
$35/$39 on 7/7
Sat 7/18-8/22
2302.204
Noon-1 p.m.
$25/$29 by 7/6
$35/$39 on 7/7
*No class 6/13.

Lessons are a springboard toward competitive gymnastics.

Pre-Gymnastics
Certified instructors introduce children to basic gymnastics using all pieces of equipment in this coed class. Boys and girls 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

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.
TUMBLE TOWARDS COMPETITIVE GYMNASTICS WITH LESSONS
Beginning level classes focus on movement

Advanced Beginning Gymnastics
Builds on skills mastered in introductory level instruction and progresses to more difficult tricks. This class emphasizes form, body position and skill connection. Participants must have instructor approval to register.
Ages: 6-17
Mon 5/11-6/22 4:30-5:30 p.m.
2311.204 $29/$33 by 5/4
$39/$43 on 5/5
Mon 5/11-6/22 6:30-7:30 p.m.
2311.201 $29/$33 by 5/4
$39/$43 on 5/5
Wed 5/13-6/24 5:30-6:30 p.m.
2311.203 $29/$33 by 5/4
$39/$43 on 5/5
*Sat 5/16-6/27 Noon-1 p.m.
2311.202 $25/$29 by 5/4
$35/$39 on 5/5
Mon 7/13-8/17 4:30-5:30 p.m.
2312.204 $25/$29 by 7/6
$35/$39 on 7/7
Mon 7/13-8/17 6:30-7:30 p.m.
2312.201 $25/$29 by 7/6
$35/$39 on 7/7
Wed 7/15-8/19 5:30-6:30 p.m.
2312.203 $25/$29 by 7/6
$35/$39 on 7/7
Sat 7/18-8/22 Noon-1 p.m.
2312.202 $25/$29 by 7/6
$35/$39 on 7/7
*No class 6/13.

Intermediate Gymnastics
This class level offers new challenges with more advanced teaching on high beams and porta pit drills. Gymnasts continue to build self confidence in a safe and fun environment. Participants must be able to demonstrate mastery of advanced beginning-level skills and have instructor’s approval to move up to the intermediate level. Ages: 6-17
Mon 5/11-6/22 6:30-7:30 p.m.
2321.201 $32/$36 by 5/4
$42/$46 on 5/5
Wed 5/13-6/24 6:30-7:30 p.m.
2321.202 $32/$36 by 5/4
$42/$46 on 5/5
Mon 7/13-8/17 6:30-7:30 p.m.
2322.201 $28/$32 by 7/6
$38/$42 on 7/7
Wed 7/15-8/19 6:30-7:30 p.m.
2322.202 $28/$32 by 7/6
$38/$42 on 7/7

Intermediate Tumbling and Dance
Class is designed to build upon fundamentals of movement and performance skills, self expression with both physical and artistic skill development. Ages: 9-17
*Fri 5/15-6/26 4:30-5:30 p.m.
2611.201 $25/$29 by 5/4
$35/$39 on 5/5
Fri 7/17-8/21 4:30-5:30 p.m.
2612.201 $25/$29 by 7/6
$35/$39 on 7/7
*No class 6/12.

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-notch coach. Class days and times are arranged between the student and instructor. Participants of all ages and ability levels are welcome. To register for private lessons, call 303-289-3660.
30-minute private (1 person) $20/$26 One-hour private (1 person) $34/$40
One-hour semi-private (up to 3 people) $42/$50

TO REGISTER, CALL 303-289-3789
WWW.C3GOV.COM/REGISTER
CARA TEAMS OFFER CHANCE TO COMPETE IN GYMNASTICS

Registration for all Colorado Association of Recreational Athletics (CARA) team level programs start April 1. There is an additional $10 charge to register for classes within one week of the start date. To enjoy the fees listed below, register early.

**CARA Girls Gymnastics Team Level 2**
This pre-competitive program is designed to prepare gymnasts for competition. Participants will learn how to perform back walkovers, cartwheels on beam and proper technique for a handspring vault. After mastering skills, participants will memorize combinations to form routines. Must have instructor approval to register. Ages: 6-17
- Tue  5/5-5/26 (4 weeks)
  5:30-7:30 p.m.
  2441.201  $28/$33 by 4/29
  $38/$43 on 4/30
- Thur  5/7-5/28 (4 weeks)
  5:30-7:30 p.m.
  2441.202  $28/$33 by 5/28
  $38/$43 on 5/29
- Tue  6/2-6/30 (5 weeks)
  5:30-7:30 p.m.
  2442.201  $35/$40 by 5/27
  $45/$50 on 5/28
- Thur  6/4-6/25 (4 weeks)
  5:30-7:30 p.m.
  2442.202  $28/$33 by 5/29
  $38/$43 on 5/30
- Tue  7/7-7/28 (4 weeks)
  5:30-7:30 p.m.
  2443.201  $28/$33 by 7/1
  $38/$43 on 7/2
- Thur  7/2-7/30 (5 weeks)
  5:30-7:30 p.m.
  2443.202  $35/$40 by 6/26
  $45/$50 on 6/27
- Tue  8/4-8/18 (3 weeks)
  5:30-7:30 p.m.
  2444.201  $21/$26 by 7/29
  $31/$36 on 7/30
- Thur  8/6-8/20 (3 weeks)
  5:30-7:30 p.m.
  2444.202  $21/$26 by 7/31
  $31/$36 on 8/1

**CARA Girls Gymnastics Team Compulsory Level 3 & 4**
Participants demonstrate skill mastery and combination memorization through competition in team gymnastics. Those choosing to participate will prepare for summer competitions with teams from throughout the state. This team emphasizes fun, sportsmanship, fitness and goal setting. Ages: 6-17
- Tue/Thur  5/5-5/28  5:30-7:30 p.m.
  2401.201  $75/$80 by 4/29
  $85/$90 on 4/30
- Tue/Thur  6/2-6/30  5:30-7:30 p.m.
  2402.201  $84/$89 by 5/27
  $94/$99 on 5/28
- Tue/Thur  7/2-7/30  5:30-7:30 p.m.
  2403.201  $84/$89 by 6/26
  $94/$99 on 6/27

**CARA Team Skills Clinic**
This class is a clinic focused on new skills for the CARA girls gymnastics participants.
- Tue/Thur  8/4-8/6  5:30-8:30 p.m.
  2451.201  $28/$33
- Tue/Thur  8/11-8/13  5:30-8:30 p.m.
  2451.202  $28/$33

**CARA Girls Gymnastics Team (Optional Levels)**
Participants demonstrate skill mastery and combination memorization through competition in team gymnastics. Those choosing to participate will prepare for summer competitions with teams from throughout the state. This team emphasizes fun, sportsmanship, fitness and goal setting. Ages: 6-17
- Tue/Thur  5/5-5/28  7:15-9:15 p.m.
  2411.201  $75/$80 by 4/29
  $85/$90 on 4/30
- Tue/Thur  6/2-6/30  7:15-9:15 p.m.
  2412.201  $84/$89 by 5/27
  $94/$99 on 5/28
- Tue/Thur  7/2-7/30  7:15-9:15 p.m.
  2413.201  $84/$89 by 6/26
  $94/$99 on 6/27

**CARA Girls Gymnastics Team (Elective Practice)**
Schedules will be distributed in class after the competitive CARA season schedule posts.

**CARA Birthday Parties**
Please note, gymnastics birthday parties are not available during the summer months. Gymnastics birthday parties will resume in November. See page 2 for more information on rentals.
MOVE WITH MARTIAL ARTS
Martial arts reduces stress, increases productivity in school and builds self confidence

Taekwondo
Develop self discipline, endurance, coordination and self-confidence through practice of taekwondo, zendokwon and kick boxing. Students are able to participate in local tournaments. Ages: 8 and older or with instructor’s approval.

Tue  5/12-6/23  6:30-8 p.m.  
1051.201  $37/$41 by 5/6  
           $47/$51 on 5/7  

Tue/Thur  5/12-6/25  6:30-8 p.m.  
1051.202  $69/$73 by 5/6  
           $79/$83 on 5/7  

Thur  5/14-6/25  6:30-8 p.m.  
1051.203  $37/$41 by 5/8  
           $47/$51 on 5/9  

Tue  7/14-8/18  6:30-8 p.m.  
1052.201  $32/$36 by 7/8  
           $42/$46 on 7/9  

Tue/Thur  7/14-8/20  6:30-8 p.m.  
1052.202  $60/$64 by 7/8  
           $70/$74 on 7/9  

Thur  7/16-8/20  6:30-8 p.m.  
1052.203  $32/$36 by 7/10  
           $42/$46 on 7/11
INFORMATION AND EDUCATION

All events take place at the Adult/Senior Center

Life Isn't Easy
Come share your life experiences good and bad in this NEW monthly support group. Beginning on the first Monday in May and continuing the first Monday of every month, the Commerce City Recreation Center is beginning a discussion group on the joys and pains of daily living such as aging, the loss of a loved one, financial hardship, medical diagnoses, and caregiving. This discussion group is coordinated by Steve Latham, resources specialist for Commerce City.
Mon 5/4, 6/1, 7/6, 8/3 10 a.m.

How to Manage a Wheelchair Safely
Do you take care of someone who’s in a wheelchair? While the operation and the steering may become routine in your daily activities, are you certain you are doing everything in a safe manner? This class touches on the safe operation of wheelchairs, whether you are operating or pushing/assisting. Commerce City Senior Center drivers and staff are strongly encouraged to attend this class.
Wed 5/13 10 a.m. 4701.201 FREE

Dusty Saunders: A Life in the TV and Newspaper World
Dusty Saunders worked at the Rocky Mountain News for 54 years as a copy boy, police reporter, city hall reporter, feature editor and covered the broadcasting beat as critic and columnist for more than 40 years. Come hear his story.
Wed 5/20 10 a.m.-Noon 4601.205 $5/$6

FREE Coffee with Vicki
In the final coffee hour of this popular senior area staff feature, get to know Recreation Assistant Vicki Masters a little better. Take a walk down memory lane with this 17-year veteran of the Commerce City Senior Center for a fun and interactive coffee hour. Please pre-register so that we know how much coffee to make.
Fri 5/22 9-10 a.m. 4601.201 FREE

AARP Driver Safety
Learn defensive driving techniques, new traffic laws, rules of the road and how to deal with aggressive drivers. Course participants may be eligible to receive an insurance discount, consult your insurance agent for further details. Class is only $15 for AARP and $20 for non members. Payment is due the day of class but please pre-register so that we can accurately prepare class materials.
Tue 5/26 8:30 a.m. - 12:30 p.m. 4701.202 $15/$20

Sharing Your Life in Pictures
Tell your personal story through all types of media. This fun and informative presentation will discuss who your audience is and how to organize your old photos. There will be several examples of what others have done with their old photos and media to help share their story.
Thur 6/11 10 a.m. - Noon 4701.203 $2/$3

Intro to Reflexology
What are pressure points? How does the massaging of certain areas in your hands and feet help relieve pain in your body? Come learn about this ancient form of touch therapy.
Fri 8/7 10 a.m. - Noon 4701.204 $5/$6

FREE AND FUN DROP-IN ACTIVITIES
Visit the Adult/Senior Center for board games, cards, jigsaw puzzles, conversation and other fun programming. You can also browse the lending library. Donations of used books, VHS cassettes, DVDs and jigsaw puzzles are welcome.

Questions? Call 303-289-3720.
*Summer Billiards is closed 6/1-9/8.

<table>
<thead>
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<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Jigsaw Puzzles</td>
<td>Mon-Fri</td>
<td>8:30 a.m.-3:30 p.m.</td>
<td>CC Rec. Ctr.</td>
</tr>
<tr>
<td>Dominos</td>
<td>Mon</td>
<td>Noon</td>
<td>CC Rec. Ctr.</td>
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<tr>
<td>Scrapbooking &amp; Cardmaking</td>
<td>2nd Mon</td>
<td>9 a.m.-12:30 p.m.</td>
<td>CC Rec. Ctr.</td>
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<tr>
<td>Potluck/Bingo</td>
<td>1st Tue</td>
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<tr>
<td>Movie Matinee</td>
<td>4th Tue</td>
<td>1 p.m.</td>
<td>CC Rec. Ctr.</td>
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<tr>
<td>Bunco</td>
<td>2nd Tue</td>
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<td>CC Rec. Ctr.</td>
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<tr>
<td>Quilting &amp; Sewing</td>
<td>Wed</td>
<td>9-11 a.m.</td>
<td>CC Rec. Ctr.</td>
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<tr>
<td>Bingo</td>
<td>4th Thur</td>
<td>1 p.m.</td>
<td>CC Rec. Ctr.</td>
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<tr>
<td>Beading</td>
<td>Fri</td>
<td>10 a.m.-Noon</td>
<td>CC Rec. Ctr.</td>
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<tr>
<td>Card games</td>
<td>Fri</td>
<td>1 p.m.</td>
<td>CC Rec. Ctr.</td>
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<tr>
<td>Billiards</td>
<td>Mon-Fri*</td>
<td>8:30 a.m.-4:30 p.m.</td>
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SPECIAL EVENTS
All events take place at the Adult/Senior Center

30th Annual Pancake Breakfast
Rise and shine to delicious pancakes from Flippin’ Flapjacks food truck and sausage at the 30th annual Pancake Breakfast. Bring the whole family to enjoy FREE activities in the Commerce City Recreation Center gym. Kids can jump in the bounce house, create art in the craft corner and more. Bid on the Quilting & Sewing club’s fiber arts and crafts at the silent auction. Proceeds from the event benefit the Goodfriends Scholarship program, providing financial assistance toward recreation programs for seniors. Purchase tickets in advance at the Commerce City Older Adult/Senior Center or online at c3gov.com/register using code 4601.28. Tickets can also be purchased at the door on the day of the event.
Sat 5/2 7-10 a.m.
Commerce City Recreation Center gymnasium (Rain or shine!)
4601.208 $4 per plate

Birthday Lunches
Catch up with your friends as we serve up a great, nutritionally balanced lunch and dessert.
SilverSneakers® fitness program members receive $2 off. Signup deadline is the Thursday prior to each lunch date. Doors open at 11:45 a.m. for wheelchair seating and other accommodations. Check out the On the Move newsletter for each month’s menu.
Tue 5/19 Noon - 1:30 p.m.
4201.201 $7/$8
Tue 6/16 Noon - 1:30 p.m.
4201.202 $7/$8
Tue 7/21 Noon - 1:30 p.m.
4201.203 $7/$8

Salad Days
Enjoy fresh homemade salad while supporting the Goodfriends Scholarship fund. Join us in the Senior Center for this event, which costs only $3.50 and includes fresh rolls and desert.
Get your meal to go by calling 303-289-3756.
Wed 6/24 11:00 a.m. - 1 p.m.
Chicken Mandarin Salad $3.50
Taco Salad $3.50

Dominos Tournament
Do you enjoy friendly competition with friends? Then this tournament is for you. All skill levels are welcome to compete in a fun afternoon of dominos played in the chicken foot format. The top finishers receive prizes but fun is had by all. Refreshments will be provided.
Wed 6/24 Noon – 4 p.m.
4601.204 $5/$6

4th of July BBQ
Enjoy a traditional “all American” BBQ to celebrate our nation’s birthday. Wear your red, white and blue and be ready to have a blast. Brush up on your American History for our trivia contest. This event is held at Veterans Memorial Park, located on the east side of the Commerce City Recreation Center.
Wed 8/12 3-5 p.m.
4601.203 $11/$13

Disc Dogs Picnic
Come catch the fun while watching canine friends catch flying Frisbees. Enjoy this exciting and interactive outdoor crowd experience. Picnic lunch included. Please do not bring your pets. At Fairfax Park
Tue 7/28 11 a.m. - 1 p.m.
4601.206 FREE

VIP Event
Did you participate in at least 12 trips with the Commerce City Senior Center between January 1-June 30, 2015? If so, we want to recognize you as a VIP trip participant and say a toast to these loyal people. There is no cost for this event, but make sure you have participated in at least 12 trips during the first half of 2015. Please register in advance using this number, 4601.206.
Tue 7/28 11 a.m. - 1 p.m.
4601.206 FREE

Legendary Ladies
Back by popular demand, the Legendary Ladies are bringing their act to Commerce City with a performance of unique women’s stories throughout American history. A selection of tasty hors d’oeuvres will be served prior to the ladies taking the stage.
Wed 8/12 3-5 p.m.
4601.203 $11/$13

Laughaceuticals
Get ready to laugh out loud at this interactive workshop where adult participants engage in improvisational theatre techniques and exercises to have fun, laugh, and play. Learn about the importance of laughter for our well-being through ideas and statistics.
Fri 7/10 1-3 p.m.
4701.205 $5/$6

Adult/Senior Center
Discover new places, learn new skills and make new friends. The Adult/Senior Center is a friendly place with a variety of classes, services, events, trips and social opportunities for older adults.
6060 E. Parkway Drive
Mon/Wed/Fri 8:30 a.m.-3:30 p.m.
Tue/Thur 8:30 a.m.-4:30 p.m.

Adult information 303-289-3720

TO REGISTER, CALL 303-289-3789
WWW.C3GOV.COM/REGISTER
### DAY TRIPS

#### TRAVEL TIPS

*Please check trips for exertion level.*

**LEVEL 1** – Parking lot, short walking distance, minimal activity.

**LEVEL 2** – Moderate activity and walking distance, some stairs.

**LEVEL 3** – Extended walking distance or stairs, outside, higher elevation.

After the posted cancellation deadline, all trip fees are non-refundable. All other trips are non-refundable if cancelled less than five days prior to trip date.

Meals costs are not included in the price of a trip unless otherwise noted. Please prepare for a meal cost in these ranges: breakfast, $8-12; lunch, $10-15; dinner, $12-25.

Waitlists are available for any event which has met its maximum. The waitlist is called in the order of when your name was placed on list.

Included: Entrance fees and transportation from senior center to trip location and back.

Check-in at senior center volunteer desk 15 minutes prior to departure time.

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#### MAY

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity #</th>
<th>Title</th>
<th>Location</th>
<th>Level</th>
<th>Time</th>
<th>Fee R/NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>5/3</td>
<td>4501.215</td>
<td>Surprise Sidewalk Sale</td>
<td>Estes Park</td>
<td>3</td>
<td>9 a.m.-5 p.m.</td>
<td>$6/$7</td>
</tr>
<tr>
<td>Thu</td>
<td>5/7</td>
<td>4401.201</td>
<td>Shop Around Town (craft)</td>
<td>Denver Area</td>
<td>2</td>
<td>9 a.m.-5 p.m.</td>
<td>$6/$7</td>
</tr>
<tr>
<td>Mon</td>
<td>5/11</td>
<td>4501.216</td>
<td>Silver Plume Tea Room</td>
<td>Silver Plume</td>
<td>2</td>
<td>9:45 a.m.-4 p.m.</td>
<td>$10/$11</td>
</tr>
<tr>
<td>Tue</td>
<td>5/12</td>
<td>4501.201</td>
<td>Indian Springs hot springs</td>
<td>Idaho Springs</td>
<td>3</td>
<td>8:30 a.m.-3 p.m.</td>
<td>$9/$10</td>
</tr>
<tr>
<td>Thu</td>
<td>5/14</td>
<td>4501.209</td>
<td>Gone Fishing</td>
<td>T.B.A.</td>
<td>3</td>
<td>8:30 a.m.-5 p.m.</td>
<td>$5/$6</td>
</tr>
<tr>
<td>Fri</td>
<td>5/15</td>
<td>4001.201</td>
<td>Bowling</td>
<td>Northglenn</td>
<td>3</td>
<td>12-15 p.m.</td>
<td>$11/$12</td>
</tr>
<tr>
<td>Mon</td>
<td>5/18</td>
<td>4501.205</td>
<td>Dinner Out “LongHorn Steak House”</td>
<td>Northglenn</td>
<td>1</td>
<td>4:30-8 p.m.</td>
<td>$6/$7</td>
</tr>
<tr>
<td>Thu</td>
<td>5/21</td>
<td>4501.217</td>
<td>Colorado Rockies VS Phillies</td>
<td>Denver</td>
<td>3</td>
<td>Noon-5 p.m.</td>
<td>$20/$21</td>
</tr>
<tr>
<td>Wed</td>
<td>5/27</td>
<td>4501.218</td>
<td>Longhopes Donkey Rescue</td>
<td>Bennett</td>
<td>3</td>
<td>9 a.m.-5 p.m.</td>
<td>$6/$7</td>
</tr>
<tr>
<td>Fri</td>
<td>5/29</td>
<td>4501.219</td>
<td>Lunch Out “Jewel of India”</td>
<td>Westminster</td>
<td>1</td>
<td>11 a.m.-3 p.m.</td>
<td>$6/$7</td>
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</tbody>
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#### JUNE

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity #</th>
<th>Title</th>
<th>Location</th>
<th>Level</th>
<th>Time</th>
<th>Fee R/NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>6/3</td>
<td>4501.213</td>
<td>Gambling Cripple Creek “Bronco Billy’s”</td>
<td>Cripple Creek</td>
<td>3</td>
<td>8 a.m.-7 p.m.</td>
<td>$7/$8</td>
</tr>
<tr>
<td>Thu</td>
<td>6/4</td>
<td>4401.202</td>
<td>Shop Around Town (thrift)</td>
<td>Denver Area</td>
<td>2</td>
<td>9 a.m.-5 p.m.</td>
<td>$6/$7</td>
</tr>
<tr>
<td>Sat</td>
<td>6/6</td>
<td>4501.220</td>
<td>Capitol Hill People’s Fair</td>
<td>Denver</td>
<td>3</td>
<td>11 a.m.-5 p.m.</td>
<td>$6/$7</td>
</tr>
<tr>
<td>Tue</td>
<td>6/9</td>
<td>4501.221</td>
<td>Denver Botanic Garden’s “The Nature of Horses”</td>
<td>Denver</td>
<td>3</td>
<td>9 a.m.-4 p.m.</td>
<td>$16/$17</td>
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<tr>
<td>Wed</td>
<td>6/10</td>
<td>4501.222</td>
<td>Colorado Rockies VS Cardinals</td>
<td>Denver</td>
<td>3</td>
<td>Noon-5 p.m.</td>
<td>$20/$21</td>
</tr>
<tr>
<td>Thu</td>
<td>6/11</td>
<td>4501.202</td>
<td>Indian Springs hot springs</td>
<td>Idaho Springs</td>
<td>3</td>
<td>8:30 a.m.-3 p.m.</td>
<td>$9/$10</td>
</tr>
<tr>
<td>Mon</td>
<td>6/15</td>
<td>4501.206</td>
<td>Dinner Out “Summit House Grill &amp; Tap”</td>
<td>Lakewood</td>
<td>1</td>
<td>4:30-8 p.m.</td>
<td>$6/$7</td>
</tr>
<tr>
<td>Wed</td>
<td>6/17</td>
<td>4501.210</td>
<td>Gone Fishing</td>
<td>T.B.A.</td>
<td>3</td>
<td>8:30 a.m.-5 p.m.</td>
<td>$5/$6</td>
</tr>
<tr>
<td>Fri</td>
<td>6/19</td>
<td>4501.223</td>
<td>NEW! Arapahoe Park Tour</td>
<td>Aurora</td>
<td>3</td>
<td>9:30 a.m.-5 p.m.</td>
<td>$7/$8</td>
</tr>
<tr>
<td>Sat</td>
<td>6/20</td>
<td>4501.224</td>
<td>NEW! 21St Annual Colorado BBQ</td>
<td>Frisco</td>
<td>3</td>
<td>9 a.m.-6 p.m.</td>
<td>$7/$8</td>
</tr>
<tr>
<td>Mon</td>
<td>6/22</td>
<td>4501.225</td>
<td>Boulder Dinner Theatre “Glenn Miller Orchestra”</td>
<td>Boulder</td>
<td>1</td>
<td>4:45-11 p.m.</td>
<td>$46/$47</td>
</tr>
</tbody>
</table>

TO REGISTER, CALL 303-289-3789

WWW.C3GOV.COM/REGISTER
<table>
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<tr>
<th>Day</th>
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<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>6/23</td>
<td>4501.226</td>
<td>NEW! Alpaca Farm tour</td>
<td>Monument</td>
<td>3</td>
<td>9 a.m.-5 p.m.</td>
<td>$6/$7</td>
</tr>
<tr>
<td>Thur</td>
<td>6/25</td>
<td>4501.227</td>
<td>The Garbage Garage Education Center</td>
<td>Ft Collins</td>
<td>3</td>
<td>7:45 a.m.-4 p.m.</td>
<td>$7/$8</td>
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<tr>
<td>Fri</td>
<td>6/26</td>
<td>4501.228</td>
<td>Mystery Trip</td>
<td>???</td>
<td>2</td>
<td>9 a.m.-5 p.m.</td>
<td>$10/$11</td>
</tr>
<tr>
<td>Tue</td>
<td>6/30</td>
<td>4501.229</td>
<td>NEW! National Museum of WWII Aviation</td>
<td>Colo Springs</td>
<td>3</td>
<td>9 a.m.-5 p.m.</td>
<td>$11/$12</td>
</tr>
</tbody>
</table>

**JULY**

| Mon  | 7/6    | 4501.230     | Lunch & Movie                                                        | Arvada            | 1     | 11 a.m.-p.m.      | $6/$7|
| Thur | 7/9    | 4401.203     | Shop Around Town (craft)                                             | Denver Area       | 2     | 9 a.m.-5 p.m.     | $6/$7|
| Wed  | 7/8    | 4501.211     | Gone Fishing                                                         | T.B.A.            | 3     | 8:30 a.m.-5 p.m.  | $5/$6|
| Mon  | 7/13   | 4501.231     | RTD Light Rail To Park Meadow Mall                                   | Denver            | 3     | 9 a.m.-5 p.m.     | $6/$7|
| Wed  | 7/15   | 4501.232     | Adams County "A Walk Down Memory Lane"                               | Brighton          | 3     | 10:30 a.m.-4 p.m. | $6/$7|
| Thur | 7/16   | 4501.203     | Indian Springs hot springs                                           | Idaho Springs     | 3     | 8:30 a.m.-4 p.m.  | $9/$10|
| Sat  | 7/18   | 4501.233     | Colorado Dragon Boat Festival                                         | Denver            | 3     | 10 a.m.-5 p.m.    | $6/$7|
| Wed  | 7/22   | 4501.234     | Colorado Rockies VS Rangers                                          | Denver            | 3     | Noon-5 p.m.       | $20/$21|
| Thu  | 7/23   | 4501.235     | NEW! McCarty-Fickle Home Museum                                       | Ft Collins        | 3     | 9 a.m.-5 p.m.     | $7/$8|
| Fri  | 7/24   | 4001.202     | Bowling                                                              | Northglenn        | 3     | 12:15-5 p.m.      | $11/$12|
| Mon  | 7/27   | 4501.207     | Dinner Out "La Loma"                                                 | Thornton          | 1     | 3:30-8 p.m.       | $6/$7|
| Thu  | 7/30   | 4501.236     | Leadville Train                                                      | Leadville         | 3     | 7:30 a.m.-7:30 p.m| $42/$43|

**AUGUST**

| Wed  | 8/5    | 4501.214     | Gambling Century Casino                                             | Central City      | 3     | 9 a.m.-3 p.m.     | $6/$7|
| Thur | 8/6    | 4401.204     | Shop Around Town (outlet)                                            | Denver Area       | 2     | 9 a.m.-5 p.m.     | $6/$7|
| Mon  | 8/10   | 4501.237     | Swetsville Zoo                                                       | Ft Collins        | 3     | 9 a.m.-4 p.m.     | $7/$8|
| Thur | 8/13   | 4501.212     | Gone Fishing                                                         | T.B.A.            | 3     | 8:30 a.m.-5 p.m.  | $5/$6|
| Fri  | 8/14   | 4501.238     | Dinner Out “2 Below Zero Chuck Wagon Dinner”                         | Breckenridge      | 3     | 3 p.m.-12 a.m.    | $72/$73|
| Mon  | 8/17   | 4501.208     | Dinner Out “Edelweiss German Restaurant”                             | Colo Springs      | 1     | 3-9 p.m.          | $7/$8|
| Wed  | 8/19   | 4501.239     | May Natural Museum                                                   | Colo Springs      | 3     | 9 a.m.-5 p.m.     | $10/$11|
| Thur | 8/20   | 4501.204     | Indian Springs hot springs                                           | Idaho Springs     | 3     | 8:30 a.m.-3 p.m.  | $9/$10|
| Fri  | 8/21   | 4501.240     | Adventure Golf                                                       | Westminster       | 3     | 9 a.m.-2 p.m.     | $12/$13|

TO REGISTER, CALL 303-289-3789  19  WWW.C3GOV.COM/REGISTER
INFORMATION, OPPORTUNITIES AND SERVICES FOR OLDER ADULTS

YOU HAVE A VOICE IN OLDER ADULT PROGRAMS

Senior Advisory Committees
Commerce City ensures older adults have a voice in programs, services and activities through the efforts of three advisory committees, made up of senior volunteers. Program, Outreach, and Health and Wellness committees work to improve the overall effectiveness of older adult programs and members provide input on a variety of issues that impact seniors. For more information or to find out when meetings are, call 303-289-3720.

On the Move Newsletter
Want to learn more about social networking? Need information on city services? How about soaking up the atmosphere on a trip to Idaho Springs? You’ll find information on special events, community resources, seminars and exciting day trips in “On the Move,” Commerce City’s monthly senior newsletter. Pick up a copy at the Older Adult/Senior Center or we can mail it to you; call 303-289-3756.

Goodfriends Scholarship Program
As part of Commerce City’s commitment to promoting healthy lifestyles, we understand the value of offering educational, health and fitness and social events for older adult residents. We created the Goodfriends Scholarship program to ensure that all older adults have access to these activities. Adults 55 and older can apply for partial funding of any and all recreation center activities, including fitness memberships, trips, special events and educational programs through Goodfriends. Applicants may receive an annual amount of up to $50 to credit toward activity registration fees. Applicants need not meet any income qualifications and all requests are confidential. Contact Zach Roth at 303-289-3720.

Older Adult/Senior Center
Discover new places, learn new skills and make new friends. The Adult/Senior Center is a friendly place with a variety of classes, services, events, trips and social opportunities for all older adults.
M/W/F 8:30 a.m.-3:30 p.m.
T/TH  8:30 a.m.-4:30 p.m.
Adult information 303-289-3720

Technology is Hard
The Commerce City Senior Center now has a “tech geek.” Steve Latham, resources specialist, will be assisting people with any questions they may have about their technology every second and fourth Wednesday of the month from 9-11 a.m. Whether it is simple questions regarding your cell phone (like how to make a phone call), or more technical (like configuring your laptop or synching up Bluetooth), our “tech geek” will attempt to answer any question thrown his way.
You can make an appointment by calling Steve Latham at 303-289-8108.

Transportation
Looking for A-Lift? FREE transportation is available for medical, adult daycare and personal trips, including to grocery stores, the recreation center and the civic center. Available to residents 60 and older, and to the disabled. Service days are Monday-Friday, 6 a.m. - 6 p.m. Reservations require a three-day notice and can be made by calling the A-Lift Senior Resource Center at 303-235-6972.

Recognition of the Sick
If you are sick or injured and would like that information to be posted at the older adult/senior center for our community to know, please contact Zach Roth at 303-289-3720 or zroth@c3gov.com.

Questions about Medicare/Medicaid
The Commerce City Senior Center has a Medicare/Medicaid expert. Centura Health Passport Links will be assisting older adults with questions they may have about Medicare or Medicaid at the Commerce City senior center every fourth Tuesday of the month from 9 to 11 a.m. A benefits counselor can answer questions about Medicare health plans, prescription drug plans, or whether you may qualify for assistance with Medicare premiums or co-payments. The benefits counselor can also assist you with the application process. You can make an appointment by calling Steve Latham at 303-289-8108.

Have some free time? Volunteer for senior services!
Make a difference in the senior community and volunteer to be a van driver for recreation day trips or a courtesy desk receptionist in the senior services area. For more information and volunteer requirements, please contact Zach Roth at 303-289-3720 or zroth@c3gov.com. You can apply at www.c3gov.com.
DO SOMETHING DIFFERENT
Special interest classes develop and perfect unique skills

**Adult Guitar**
Learn basic chords, scales and strumming patterns. Class emphasis is on more complex songs and fingering techniques. Must supply own acoustic guitar. All sheet music provided. Ages: 16 and older.
Sat 5/16-6/20 1:15 - 2 p.m.
8201.201 $32/$37
Sat 7/11-8/15 1:15 - 2 p.m.
8202.201 $32/$37

**Guitar Heroes Beginner**
Learn basic chords, how to read music charts and reinforce your learning by playing songs. Must supply own acoustic guitar. All sheet music provided. Instructor may move students between levels. Ages: 8-15
Sat 5/16-6/20 10:15 - 11 a.m.
8211.201 $32/$37
Sat 7/11-8/15 10:15 - 11 a.m.
8212.201 $32/$37

**Guitar Heroes Intermediate**
This class expands on the basics learned in the beginner class, but allows the teacher further instruction as the students prepare for the next level. Ages 8-15
Sat 5/16-6/20 12:15 - 1 p.m.
8221.201 $32/$37
Sat 7/11-8/15 12:15 - 1 p.m.
8222.201 $32/$37

**Guitar Heroes Advanced**
A continuation of the intermediate class with an emphasis on more complex strumming techniques and chording. Ages: 8-15
Sat 5/16-6/20 11:15 a.m.-Noon
8231.201 $32/$37
Sat 7/11-8/15 11:15 a.m.-Noon
8232.201 $32/$37

**Ceramics Lab**
This open forum allows students to explore different techniques and trends. An expert instructor is on hand to advise you. Free start-up supplies are offered to the first-timer. Instructor advises on further purchases. Fee includes instruction and firing. Ages 13 and older.
Tue 9 a.m.-Noon
Wed 6-9 p.m.
Resident $20 (five-visit punch card)
Non-resident $20 (four-visit punch card)

**Hunter Education**
Learn firearm safety, shooting fundamentals, wildlife laws and hunter responsibility from a certified instructor from the Colorado Parks and Wildlife (CPW) Hunter Safety Program. After passing a final in class exam, participants head to the CPW shooting range at 6060 Broadway in Denver where they will complete live-fire practice before receiving a valid hunter education card. Students will have to make arrangements for transportation to the shooting range.
Sat 5/2
Noon - 5 p.m. Recreation Center
6-8 p.m. CPW Shooting Range
8001.201 $10 per person
Sun 7/19
9 a.m.-1 p.m. Recreation Center
2-4 p.m. CPW Shooting Range
8002.201 $10 per person

**Line Dance**
Learn basic line dance steps in a relaxed environment. Not only is it a fun class, but you get exercise as well.
Mon 1:30-3 p.m.
$25 (five-visit punch card)
$6 Drop-in
**YOUTH BASEBALL (Ages 5-14)**

Get out and play!

### Registration:
- **Residents 4/6-5/3**
- **Nonresidents 4/15-5/3**

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

- **Ages:** 5-6 years as of 6/1/15
- **Fee:** Before May 3 $40/$48
- **After May 3 $50/$58**

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

- **Ages:** 7-8 years as of 6/1/15
- **Fee:** Before May 3 $45/$54
- **After May 3 $55/$64**

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

- **Ages:** 9-10 years as of 6/1/15
- **Fee:** Before May 3 $50/$60
- **After May 3 $60/$70**

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

- **Ages:** 11-12 years as of 6/1/15
- **Fee:** Before May 3 $55/$66
- **After May 3 $65/$76**

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

- **Ages:** 13-14 years as of 6/1/15
- **Fee:** Before May 3 $60/$72
- **After May 3 $70/$82**

**Practice starts:** Week of May 11
**Games begin:** Week of June 1

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**COLORADO ROCKIES SKILLS CHALLENGE**
The Rockies Skills Challenge is a baseball competition that allows youth to showcase their talents in base running, batting and throwing. Scores will be based on speed, distance and accuracy. Top scores from each age group will advance to a sectional competition. Top sectional scores from each age group will advance to the state championship held at Coors Field, home of the Colorado Rockies. Registration will be held the day of the event, please arrive 30 minutes prior to start time. No registrations will be taken after the start of the competition. Ages 6-13 (age of Dec. 31, 2015.) FREE

- **Sat 6/13 Ingram Field at Pioneer Park in Commerce City**
- **Ages:** 6-7 years and 8-9 years  9 a.m.
- **Ages:** 10-11 years and 12-13 years  10:30 a.m.

For additional information please contact Josh Polgar, youth sports coordinator at 303-289-3705.
LEARN PATIENCE, FOCUS AND COMMITMENT

OUR YOUTH SPORTS PHILOSOPHY

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

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

Archery (Beginner/Intermediate)

Participants 8 years and older learn about range safety, proper archery shooting techniques and target practice in a fun and safe environment. This is a great class for individuals or families to enjoy. The class is designed for newcomers to the sport as well as experienced archers. All equipment is provided, however, students may bring their own upon inspection by the instructor. Instructor Mike Holzer, Level 4 Archery Regional Coach, National Training System Certified.

Archery Class is held at the Municipal Services Center (MSC, 8602 Rosemary St.) from 6:30 – 7:30 p.m. during the months of April, May, June, July, August, and September.

Ages: 8 years and up
Fee: $45/$54 (per session)

Session I:
April 8-29 (4 classes)

Session II:
May 6-27 (4 classes)

Session III:
June 3-24 (4 classes)

Session IV:
July 8-29 (4 classes)

Session V:
August 5-26 (4 classes)

Session VI:
September 2-23 (4 classes)

Find additional league information including schedules, rosters, and directions at teamsideline.com/commercecity.

REGISTRATION INFORMATION

The parks and recreation department forms teams based on school boundaries; parents must register their child for the school he or she attends. Proof of enrollment or address verification may be requested prior to the start of the season. We will do our best to form teams for all schools and to have practices take place at these locations. If teams are unable to be formed at your school, we will combine schools/teams that are in close proximity.

Registrations received after teams are filled will be put on a wait list. 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, wait-list players may be added to a team if a player drops out before mid-season. Registrations and waitlist players are on a first-come, first-served basis.

During the season, teams use local school 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, please pass along contact information to Josh Polgar at 303-289-3705.

TO REGISTER, CALL 303-289-3789
**SUMMER CAMPS & CLINICS**

Keep your child active over summer break

### Volleyball Skills Clinic
This fun and exciting camp develops the basic fundamentals of volleyball, while focusing on sportsmanship, teamwork, and skill development. Each player receives a camp shirt. Camp is at the Commerce City Recreation Center. Registration Deadline: June 28 Fee: $30/$36
Grades 3-5 7/6-7/8 9:30 a.m.-12 p.m.
Grades 6-8 7/6-7/8 1-3:30 p.m.

### Future Eagles Football Camp
This three-day camp is directed by Dan Jajczyk, head football coach at Adams City High School, along with his staff and varsity football players. Kids focus on developing the fundamentals of football. All aspects of offense, defense, and special teams will be covered. Each camper receives a camp shirt; camp is at Adams City High School. Registration Deadline: July 12 Fee: $25/$30
Grades 1-8 (Coed) 7/20-7/22 6-8 p.m.

### Hammondaire Hoop Group International Skills Camp
Hammondaire Hoop Groups Skills Development Program is designed to help each individual athlete become a better basketball player by taking their game to the next level. Coaches will go over all of the basic fundamentals of the game, including: Importance of stretching, proper shooting techniques, speed, agility, training, offensive footwork/balance, defensive skills, passing mechanics, basketball I.Q. enhancement, and the importance of being a great teammate. Learn from former and current professional basketball players from around the world. Each camper receives a camp shirt. Camp is at the Commerce City Recreation Center. Registration Deadline: June 1 Fee: $45/$54
Grades 3-8 (Coed) 6/8-6/10 9 a.m. - Noon

### Summer Soccer Camp
Develop the fundamentals of soccer during this three-day mini-camp. Children will focus on dribbling passing, shooting, and defensive skills. Each participant receives a camp shirt; camp is at Dicks Sporting Goods Park. Registration Deadline: July 5 Fee: $35/$42 Grades 1-5 (Coed) 7/13-7/15 9 a.m. - Noon

### UMPs, WE NEED YOU!
Are you an umpire? Do you want to be an umpire? Commerce City is now looking for umpires for the upcoming summer baseball season. Games are Monday through Friday evenings’s beginning in early June and going through July. A free clinic will be held prior to the season; this training is intended for everyone including those getting behind the plate for the first time all the way to the experienced umpire. It will cover rules, mechanics, techniques, policies and procedures. Lecture and field techniques will also be included in the instruction. Call Josh Polgar for dates and times at 303-289-3705.

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**Weather Hotline:**
Please call after 5 p.m., 303-289-3757 or visit c3gov.com/sports

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TO REGISTER, CALL 303-289-3789

WWW.C3GOV.COM/REGISTER
LOCAL ORGANIZATIONS PROVIDE OPPORTUNITY FOR SPORTS EXPERIENCE

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

**Commerce City Youth Athletics (CCYA)**

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

**Raiders Tackle Football (fall)**
Chuck Ingram, 303-286-7669

**Boys and Girls Basketball (winter)**
Chuck Ingram, 303-286-7669

**Lady Raiders - Cheerleading Squad (fall)**
Kim Carabajal, 720-421-3049

**Girls Softball (spring)**
Roger Comer, 303-210-5676

**Competitive Baseball (spring/fall)**
ccathleticsbaseball@gmail.com, 720-443-4487

**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 Juan Ortiz at 303-525-0457 or email adamscitywc@gmail.com.

**Colorado Rapids Soccer Academy**
This year-round program is for boys and girls ages 3-18. Camps include: Kickin’ Kids Camp, Development Camp, Training Center, Team Camp, Goalkeeper Camp and Summit Select. All camps are held at Dick’s Sporting Goods Park and are run by Colorado Rapids players and coaches. For more information, call the academy hotline at 303-727-3575 or email rapidsacademy@dsgpark.com.

WANT TO MAKE A DIFFERENCE? BECOME A YOUTH SPORTS COACH.

The Commerce City Parks and Recreation Department relies on volunteers to coach youth sports. All it takes to be a successful coach in our 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 will 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 Josh Polgar at 303-289-3705.

TO REGISTER, CALL 303-289-3789
GET YOUR TEAM TOGETHER NOW FOR LEAGUES
Volleyball, basketball organizational meetings in April

Adult Sports Leagues
Get your team together and send a representative to the appropriate organizational league meeting. League fees should be turned in prior to the league meeting at the Commerce City Recreation Center. Ages: 16 and older.

Individual Players List
Interested in playing a sport but don’t have a team? Sign up for the individual player list; registered teams are given a list of extra players to add when needed. Call 303-289-3763 to be added. There is no guarantee, however, that you will be placed on a team.

Private Racquetball Lessons
Improve your technique and power with one-on-one instruction in racquetball. Call 303-289-3763 to schedule a private lesson with instructor Matt Mares.
1 Lesson $27/$30
3 Lessons $60/$64

Summer Volleyball League - Coed
Get two men and two women for the adult coed 4-on-4 volleyball league beginning in June. A team representative must attend the league meeting, 5 p.m. Wednesday, April 22, at the Commerce City Recreation Center. Matches will be played at Monaco Park.
Mon 6/1-8/3
B League $150/$175

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 22, at 5:30 p.m. Games will be played at Pioneer Park. Call 303-289-3763 for information.
Wed 5/13-7/22
D-Rec $470/$500 (10 Games)

Summer Softball League - Mens
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 23, at 5:30 p.m. Games will be played at Pioneer Park. Call 303-289-3763 for information.
Tue 5/12-7/21
D-Rec $470/$500 (10 Games)
Thur 5/14-7/23
Industrial $470/$500 (10 Games)

Fall Softball League - Mens
Get a team together for adult coed softball, beginning in August. Teams are made up of five men and five women. A team representative must attend the league meeting, 5 p.m. Tuesday, July 28, at the Commerce City Recreation Center. Games will be played at Pioneer Park.
Wed 8/12-10/14
D-Rec $470/$500

Fall Softball League - Coed
Get a team together for adult coed softball, beginning in August. Teams are made up of five men and five women. A team representative must attend the league meeting, 5 p.m. Tuesday, July 28, at the Commerce City Recreation Center. Games will be played at Pioneer Park.
Tue 8/11-10/13
Industrial $470/$500

BATTING CAGES
Fine-tune your swing. Ideal for team and individual practice, tournaments, birthday parties, etc. For more information, call 303-289-3763 or 303-289-3789.
Pioneer Park, 5902 Holly St.
(60th and Holly)
• Seven cages, each with dual machines and lights
• Slow-pitch softball and various speeds for baseball
Fee: $1.25 for 15 pitches
$15 – punchcard good for 15 tokens
$20 per half-hour
(– one stall)
$35 per hour (one stall)

Spring hours 4/4-5/22
Mon–Fri, 4-8 p.m.
Sat-Sun, Noon-5 p.m.
Summer hours 5/23-8/16
Mon–Fri, 3-8:30 p.m.
Sat-Sun, Noon-8 p.m.
Fall hours 8/17-10/11
Mon–Fri, 4-8 p.m.
Sat-Sun, Noon-5 p.m.

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

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

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 303-289-3763.
Pioneer Park, 5902 Holly St.
Four multi-purpose baseball/softball fields with lights (batting cages on site).
Fairfax Park, 6850 Fairfax St.
Three multi-purpose baseball/softball fields.
Municipal Services Center, 8602 Rosemary St.
Two multi-purpose football/soccer fields.

TO REGISTER, CALL 303-289-3789
Swimmers and non-swimmers alike can benefit from participating in water activities at the Commerce City Recreation Center. Due to the increased resistance of water, simple activities such as walking turn into a resistance training activity that can burn around 654 calories and hour. In fact, just 30 minutes of walking in water is equivalent to two hours of walking on land. Lap swimmers can burn up to 900 calories an hour while increasing endurance, improving flexibility, muscle tone and strength, and building a healthier heart. So whether you’re an avid swimmer or just a beginner, the water offers something for everyone.

Open Swim
Open to all ages.
Mon-Thur  1:30-5:30 p.m.
    7:30-9 p.m.
Fri     1:30-9 p.m.
Sat     1:30-5 p.m.
Sun     11:30 a.m.-5 p.m.

Adult Swim
Ages: 16 and older.
Mon-Fri  5:30 a.m.-1:30 p.m.
Sat     8 a.m.-1:30 p.m.
Sun     8 a.m.-11:30 a.m.

Lap Swim
Ages 16 and up
Due to limited lane space, swimmers are required to share lanes when necessary.
Mon-Fri  5:30 a.m.-1:30 p.m.
Mon/Tue/Wed  5:30-7:30 p.m.
Sat     8 a.m.-1:30 p.m.
Sun     8 a.m.-11:30 a.m.

Space is extremely limited during evening lap swim hours due to additional aquatic programs.

Note: The pool is closed until 11:30 a.m. the second Sunday of every month for staff training.

FOR YOUR SAFETY, PLEASE OBSERVE THE FOLLOWING RULES:

- Instructions from the lifeguard must be obeyed at all times.
- 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 aged 12 and older may swim without adult supervision.
- Swim test must be passed by any patron wishing to swim in the deep end regardless of age.
- Basketball shorts, other sportswear, cotton, or any other clothing that is not specified swimming attire is not allowed.
- Children who are not toilet trained must wear swim diapers.
- Changing clothes on deck is prohibited.
- Personal safety devices must be removable and non-inflatable. Water wings, floatation suits, and swim trainers are prohibited.
- Acceptable equipment includes noodles, kickboards, beach balls, dive sticks, other soft balls, and infant inflatables with a seat in the bottom; however, use of items is up to the discretion of the lifeguard.
- Flotation devices 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 only allowed in the 9 foot area.
- No running.
- Please be courteous. Foul language, horseplay, fighting or abusive behavior will not be tolerated.
- All swimmers must shower before entering the pool area.
- Food, gum, alcohol, and glass containers are not allowed in the pool area. Drinks in sealable, spill-proof containers are permitted.

POOL ACCESSIBILITY
Access to the swimming pool includes zero-depth stairs with rails, an accessible ramp with rails, and a wheelchair accessible Gallatin Power Hydro-lift.

This lift features:
- 400 lb. operating load capacity
- Dual lift operating controls, allowing operation from the deck and/or the pool
- Two armrests—outer armrest flips up allowing for horizontal transfer from a wheelchair
- Standard adjustable padded headrest
- Swing-out footrest for ease of transfer

INDOOR POOL INFORMATION

Swimming

TO REGISTER, CALL 303-289-3789
**SPECIALTY PROGRAMS**

**American Red Cross**

**Babysitting – Ages 11-15**
Want to start babysitting? Already babysitting? Red Cross babysitter’s training helps participants develop skills in leadership and professionalism, basic care, safety and safe play, and CPR and first aid skills.

- **Sat 4/25 Noon-5 p.m.**
  6711.101 $35/$55
- **Sat 5/16 Noon-5 p.m.**
  6712.101 $35/$55
- **Sat 6/6 Noon-5 p.m.**
  6713.101 $35/$55

**CARA Swim Team**
Build endurance, develop teamwork, refine competitive skills, and have fun. Join now! Ages: 6-18
- Must be able to swim 25 yards front crawl with efficient side breathing technique
- Must have basic knowledge of back and breast strokes.

**Registration: 4/6 – 5/20**
- Team suits must be paid for within the registration time period. Refunds will not be available so be sure to order the correct size.

**Class Times:**
Mon/Wed/Thur
5/27-8/6 5:30-7:30 p.m.
6801.201 $40/$50

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

**Swim Meet Dates:**
6/20 @ Brighton
7/19 @ Jewish Community Center
7/26 @ Home (Commerce City Recreation Center)
8/2 @ Westminster

**Our water fitness classes offer something for all fitness levels and abilities. Classes are FREE for SilverSneakers® members and with monthly, semi-annual, or annual memberships. Not a member? Class fees are also included in daily drop in admissions.**

**Ages: 16 and older for all classes**

**Drop in: $3/$5 with ID card**

**

**Ebb & Flow**
A low-impact, medium-intensity workout that focuses on interval training for cardiovascular conditioning and incorporates exercises that target resistance training and flexibility.

- **Mon/Wed** 5:15-6:15 p.m.

**Aqua Zumba®**
Known as the Zumba® “pool party,” Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class.

- **Wed** 6:30-7:30 p.m.

**Liquid Silver**
A low-impact, low-intensity workout for those that have therapy or rehab needs, wish to improve their range of motion and flexibility, or would like a slight cardiovascular challenge.

- **Tue/Thur** 8-9 a.m.

**Fluid Motion**
A medium-impact, medium-intensity workout for cardiovascular conditioning and improved flexibility, joint health and muscle strength.

- **Mon/Wed/Fri** 8-9 a.m.

**Hydro Power**
A high-impact, high-intensity class that offers non-stop cardiovascular conditioning and intense resistance training exercises.

- **Tue/Thur** 5:30-6:30 p.m.
REGISTRATION

Registration Dates
• Monday, May 18 – Wednesday, May 20 (all sessions)
• Monday, June 8 – Wednesday, June 10 (Monday – Friday, session 2 only)
• Monday, July 6 – Wednesday, July 8 (all sessions)
• Monday, July 27 – Wednesday, July 29 (Monday – Friday, session 4 only)

Registration Times
Online:
• Online Registration opens at 6:30 p.m. for all four registration sessions. To set up an online registration account, visit www.c3gov.com/register.
• Important! - Accounts must be set up at least 48 hours in advance for internet registration. Family members can only be added by a staff member.

Walk-in:
• Walk-in registration is done by a lottery system and is not first-come, first-served. Lottery numbers are passed out between 5:45-6:20 p.m. on the first day of registration for each of the four sessions.
• The lottery drawing begins at 6:20 p.m.
  - Numbers will not be passed out once the lottery drawing has begun.
  - Any patron arriving after the lottery drawing has begun will be required to wait until it is finished before proceeding to the end of the line.
• Registration begins at 6:30 p.m. (Please note that walk-in registration takes place at the same time as internet registration and open class space is not guaranteed).

Phone:
• Phone registrations are taken at 9:30 a.m. the day after internet and walk-in registration opens.
• Phone registrations dates are 05/19, 06/09, 07/07, and 07/28.

GROUP DISCOUNTS
Qualifying organizations and groups (e.g. public or private daycares, scout troops, church groups, birthday parties, etc.) may use the pool at special rates during scheduled open swim times. A minimum of 10 people are needed to qualify for this rate and must be scheduled at least one week in advance. One adult must be in the water for every five children. To arrange a group rate, call the aquatics coordinator at 303-289-3711.

Fee per swimmer
$1.50 child/youth
$2.50 adult-supervisor

PARTIES
Make a splash at your next birthday party. Patrons of all ages can take advantage of this unique party setting any day of the week. Parties include free swimming during open swim times and two hours in a party room. Reservations are required at least two weeks in advance and payment is due when your party is reserved.

Rates
• $60/$66 plus tax (resident/nonresident rate) includes admission for up to 15 people
• Additional swimming guests: $1.50 (per person) child/youth, $2.50 (per person) adult
• To arrange your party, call the registration office at 303-289-3789.
CONFIDENCE WITH EVERY STROKE

Private/Semi-Private Swim Lessons
Excel in swimming with one-on-one instruction. Days and times are arranged between student and instructor. Participants of all ability levels, ages 3 and up, are welcome. To arrange lessons, call 303-289-3789.

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

Adult Lessons
Group lessons suitable for all skill levels. Sign up to learn how to swim, build endurance, or learn new skills to enhance your stroke. Ages 16 and over.

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Code</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sat</td>
<td>5/30-6/27 9-9:45 a.m.</td>
<td>6601.201</td>
<td>$11/$15</td>
</tr>
<tr>
<td>2</td>
<td>Sat</td>
<td>7/11-8/8 9-9:45 a.m.</td>
<td>6602.201</td>
<td>$11/$15</td>
</tr>
</tbody>
</table>

Parent-Tot
This introductory class for infants and 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. Ages: 6 months to 2 years old.

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Code</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sat</td>
<td>5/30-6/27 9-9:30 a.m.</td>
<td>6001.201</td>
<td>$11/$15</td>
</tr>
<tr>
<td>2</td>
<td>Sat</td>
<td>7/11-8/8 9-9:30 a.m.</td>
<td>6002.201</td>
<td>$11/$15</td>
</tr>
</tbody>
</table>

Group Lessons
Our learn-to-swim program for children ages 3-12 years old is divided into 5 different levels with each level designed to meet the needs of the swimmer, based on skill and age level.

WHAT ARE THE 5 PROGRAM LEVELS?

<table>
<thead>
<tr>
<th>LEVEL 1 WATER ADJUSTMENT</th>
<th>LEVEL 2 FUNDAMENTALS</th>
<th>LEVEL 3 INDEPENDENT SWIM</th>
<th>LEVEL 4 STROKE TECHNIQUES</th>
<th>LEVEL 5 STROKE MECHANICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>is appropriate if your child:</td>
<td>is appropriate if your child:</td>
<td>is appropriate if your child:</td>
<td>is appropriate if your child:</td>
<td>is appropriate if your child:</td>
</tr>
<tr>
<td>• Has a fear of the water</td>
<td>• Will put their face in the water</td>
<td>• Can perform a front and back float independently</td>
<td>• Can swim half the pool length without stopping</td>
<td></td>
</tr>
<tr>
<td>• Will not put their face in the water</td>
<td>• Can perform a supported float without apprehension</td>
<td>• Will jump into 3-4 feet of water without assistance</td>
<td>• Is efficient in side breathing technique</td>
<td></td>
</tr>
<tr>
<td>• Can hold on to the side of the pool independently</td>
<td>• Will explore the water freely without fear</td>
<td>• Can swim 10 yards of elementary backstroke</td>
<td>• Can jump into 9 feet of water without assistance</td>
<td></td>
</tr>
<tr>
<td>~ Designed for children who are new to, or slightly afraid of, the water</td>
<td>~ Teaches independent floating, basic stroke techniques and water safety</td>
<td>~ Combines breathing, stroke technique and distance swimming</td>
<td>~ Builds endurance and improves stroke techniques</td>
<td></td>
</tr>
<tr>
<td></td>
<td>~ Refines strokes in preparation for competitive swimming</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Unsure which level is best for your child?
Call the aquatics office at 303-289-3711 to speak with a swimming program specialist about your child’s abilities or to schedule a free assessment at the pool.

TO REGISTER, CALL 303-289-3789  30   WWW.C3GOV.COM/REGISTER
### TUESDAY/THURSDAY EVENING SWIMMING LESSONS

<table>
<thead>
<tr>
<th>Level</th>
<th>Time</th>
<th>Session 1 5/26-6/6</th>
<th>Session 2 6/16-6/27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Adjustment</td>
<td>5:30-6 p.m.</td>
<td>6101.202</td>
<td>6102.202</td>
</tr>
<tr>
<td>Level 1 age 3-5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fundamentals</td>
<td>6:15-6:45 p.m.</td>
<td>6201.203</td>
<td>6202.201</td>
</tr>
<tr>
<td>Level 2 age 3-5</td>
<td>7-7:30 p.m.</td>
<td>6202.203</td>
<td>6202.204</td>
</tr>
<tr>
<td>Fundamentals</td>
<td>5:30-6 p.m.</td>
<td>6211.203</td>
<td>6212.203</td>
</tr>
<tr>
<td>Level 2 age 6-12</td>
<td>7-7:30 p.m.</td>
<td>6211.204</td>
<td>6212.204</td>
</tr>
<tr>
<td>Independent Swim</td>
<td>7-7:30 p.m.</td>
<td>6301.202</td>
<td>6302.202</td>
</tr>
<tr>
<td>Level 3 age 3-5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Independent Swim</td>
<td>6:15-6:45 p.m.</td>
<td>6311.202</td>
<td>6312.202</td>
</tr>
<tr>
<td>Level 3 age 6-12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stroke Techniques</td>
<td>5:30-6:15 p.m.</td>
<td>6401.202</td>
<td>6402.202</td>
</tr>
<tr>
<td>Level 4 age 6-12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stroke Mechanics</td>
<td>6:15-7 p.m.</td>
<td>6501.202</td>
<td>6502.202</td>
</tr>
<tr>
<td>Level 5 age 6-12</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Resident – $20\|Nonresident – $28**

### SATURDAY MORNING SWIMMING LESSONS

<table>
<thead>
<tr>
<th>Level</th>
<th>Time</th>
<th>Session 1 5/30-6/27</th>
<th>Session 2 7/11-6/8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Adjustment</td>
<td>10:30-11 a.m.</td>
<td>6101.203</td>
<td>6102.203</td>
</tr>
<tr>
<td>Level 1 age 3-5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fundamentals</td>
<td>9:45-10:15 a.m.</td>
<td>6201.205</td>
<td>6202.205</td>
</tr>
<tr>
<td>Level 2 age 3-5</td>
<td>9:45-10:15 a.m.</td>
<td>6211.205</td>
<td>6212.205</td>
</tr>
<tr>
<td>Independent Swim</td>
<td>9:45-10:15 a.m.</td>
<td>6301.203</td>
<td>6302.203</td>
</tr>
<tr>
<td>Level 3 age 3-5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Independent Swim</td>
<td>10:30-11 a.m.</td>
<td>6311.203</td>
<td>6312.203</td>
</tr>
<tr>
<td>Level 3 age 6-12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stroke Techniques</td>
<td>9-9:45 a.m.</td>
<td>6401.203</td>
<td>6402.203</td>
</tr>
<tr>
<td>Level 4 age 6-12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stroke Mechanics</td>
<td>10:30-11:15 a.m.</td>
<td>6501.203</td>
<td>6502.203</td>
</tr>
<tr>
<td>Level 5 age 6-12</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Resident – $11\|Nonresident – $15**

### MONDAY-FRIDAY MORNING SWIMMING LESSONS

<table>
<thead>
<tr>
<th>Level</th>
<th>Time</th>
<th>Session 1 5/26-6/6</th>
<th>Session 2 6/16-6/27</th>
<th>Session 3 7/7-7/18</th>
<th>Session 4 7/28-8/8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Adjustment</td>
<td>9-9:30 a.m.</td>
<td>6101.201</td>
<td>6102.201</td>
<td>6103.201</td>
<td>6104.201</td>
</tr>
<tr>
<td>Level 1 age 3-5</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Fundamentals</td>
<td>9:45-10:15 a.m.</td>
<td>6201.201</td>
<td>6202.201</td>
<td>6203.201</td>
<td>6204.201</td>
</tr>
<tr>
<td>Level 2 age 3-5</td>
<td>10:30-11 a.m.</td>
<td>6201.202</td>
<td>6202.202</td>
<td>6203.202</td>
<td>6204.202</td>
</tr>
<tr>
<td>Fundamentals</td>
<td>9:45-10:15 a.m.</td>
<td>6211.201</td>
<td>6212.201</td>
<td>6213.201</td>
<td>6214.201</td>
</tr>
<tr>
<td>Level 2 age 6-12</td>
<td>10:30-11 a.m.</td>
<td>6211.202</td>
<td>6212.202</td>
<td>6213.202</td>
<td>6214.202</td>
</tr>
<tr>
<td>Independent Swim</td>
<td>9-9:30 a.m.</td>
<td>6301.201</td>
<td>6302.201</td>
<td>6303.201</td>
<td>6304.201</td>
</tr>
<tr>
<td>Level 3 age 3-5</td>
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<td></td>
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<tr>
<td>Independent Swim</td>
<td>10:30-11 a.m.</td>
<td>6311.201</td>
<td>6312.201</td>
<td>6313.201</td>
<td>6314.201</td>
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<tr>
<td>Level 3 age 6-12</td>
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</tr>
<tr>
<td>Stroke Techniques</td>
<td>9-9:45 a.m.</td>
<td>6401.201</td>
<td>6402.201</td>
<td>6403.201</td>
<td>6404.201</td>
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<tr>
<td>Level 4 age 6-12</td>
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</tr>
<tr>
<td>Stroke Mechanics</td>
<td>9:45-10:30 a.m.</td>
<td>6501.201</td>
<td>6502.201</td>
<td>6503.201</td>
<td>6504.201</td>
</tr>
<tr>
<td>Level 5 age 6-12</td>
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</tbody>
</table>

**Resident – $20\|Nonresident – $28**

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*No class Monday 5/25 due to holiday. Fees prorated to Resident $18/Nonresident $26*
Escape to Paradice Island at Pioneer Park
Grand Opening June 2015!

Float down the lazy river, zoom down three water slides, or get your game on in the sport pool. There’s spray features for the little ones at the toddler pool, while kids of all ages will have a blast in our game themed leisure pool. Beat the heat in one of our shaded cabanas or refresh with a snack at the concession stand.

For more information and updates on the grand opening, follow us on Facebook at facebook.com/commersecity or check c3gov.com/paradice.
Season passes go on sale
May 5 at the Commerce City
Recreation Center,
6060 E. Parkway Dr.

RATES:

<table>
<thead>
<tr>
<th>Rate Type</th>
<th>Child 0-2</th>
<th>Child 3-7</th>
<th>Youth 8-17</th>
<th>Adult 18-61</th>
<th>Senior 62+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident Rates</td>
<td>FREE</td>
<td>$2</td>
<td>$3</td>
<td>$4</td>
<td>$3</td>
</tr>
<tr>
<td>Drop-In Admission</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(with ID card)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 Visit Card</td>
<td>FREE</td>
<td>$16</td>
<td>$24</td>
<td>$32</td>
<td>$24</td>
</tr>
<tr>
<td>(with ID card)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Nonresident Rates</td>
<td>FREE</td>
<td>$4.75</td>
<td>$5.75</td>
<td>$7</td>
<td>$5.75</td>
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<tr>
<td>Drop-In Admission</td>
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<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

Individual Season Pass
(Residents only)
FREE $42 $63 $84 $63

Family Season Pass
(Residents only)
Up to 4 people $231 Additional person $30

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

Paradice Pool ID Cards
Paradice Pool ID cards give patrons a discount on drop-in fees at Commerce City Recreation facilities. Proof of residency and age is needed to purchase or renew a card. Cards are valid for two years; no refunds. Lost cards may be replaced for $5.

- Youth 8-15 must have a parent or guardian complete their registration; adults must meet requirements to qualify for resident rate.
- Children age 7 and younger do not need an id card; they have the same residency status as the accompanying parent or guardian.
- ID cards are $5 for residents

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 AND 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

LIKE THE EXISTING POOL, WE ASK THAT YOU PLEASE OBSERVE THESE AGE REQUIREMENTS FOR YOUR SAFETY:
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.

MAKE A SPLASH WITH A BIRTHDAY BASH!
Host your birthday party or other event at the NEW pool this summer. For more information on group rates, birthday parties and more, call 303-289-3789.
WATCH YOUR CHILD GROW UP TO BE A CONFIDENT LEARNER

Preschool programs provide a nurturing environment while preparing children for a bright tomorrow

Lunch Bunch
An active and fun movement class. Please pack a sack lunch for your child to enjoy with their friends.
Ages: 3-5
Mon  Noon-1:30 p.m.
$10/$12 per child
7304.101  4/6
7304.102  4/13
7304.103  4/20
7304.104  4/27
7305.101  5/4

Preschool Safety Week
Children learn safety issues such as fire safety, water safety, and car safety (just to name a few), through activities, songs, games, and crafts.
Ages: 3-5
Mon-Wed  5/18-5/20
10 a.m.-Noon
7104.103  $24/$27 per child

Summer Preschool

Session 1 - Under the Sea
Our preschool room transforms into a beach party filled with stories, crafts, songs and more. Ages: 3-5
Tue-Thur  6/9-7/2  10 a.m.-Noon
7451.201  $96/$108 per child

Session 2 - 3, 2, 1, Blastoff
3, 2, 1 Blastoff is a chance to learn all about outer space. Children will learn through activities, songs, games and crafts. Ages: 3-5
Tue-Thur  7/7-8/6*  10 a.m.-Noon
7452.201  $96/$108 per child
*No Class July 21-23

Fall Preschool
The enrollment process begins July 1 for the 2015-2016 school year. The Kinder Kids preschool program is a continuous, school-year program with classes that are state-licensed. Children learn through small group interaction and age-appropriate activities including art, music, movement, dramatic play and storytelling. Ages: 4-5
Your child must be 4 years old by October 1, 2015 to participate.
Call 303-289-3659 for information and availability.
Mon-Thur  9:30-11:30 a.m.
$126R/$140NR Due at the time of registration. This is a non-refundable fee that will be applied to September’s tuition.

Preschool Specialty Classes
Join us for a fun time with a whole new set of exciting activities every week. These programs are designed to develop young children’s skills through crafts, activities, games and social interactions. Ages: 3-5

Fri  10 a.m. - Noon  $9/$11/child
7204.102  4/10  Farm Animals
7204.103  4/17  Jungle Safari
7204.104  4/24  Bugs Galore
7205.101  5/1  Ourdoor Adventure
7205.102  5/8  End of Year Celebration
SUMMER DAY CAMPS

Summer Day Camp 2015 Information
Space is limited. Register now for summer camp. Commerce City offers a state-licensed and CCAP-approved summer camp for children ages 6-10 and 11-15.

Parent Meeting (mandatory for all enrolled campers and parents) Tue 5/12 6 p.m.

Enrollment Deadline is 5/12 at 6 p.m.

Parents need to complete the enrollment process prior to registering for camp. Enrollment packets can be downloaded for FREE at c3gov.com/camp. Packets are also available at a cost of $10 at the recreation center. Enrollment packets must be filled out completely and turned in before proceeding with registration. Enrollment deadline is Monday, May 11. Because registration is done on a first come, first-served basis and the camp fills up quickly, early enrollment is encouraged.

How to speed up the enrollment process for licensed day camps

Bring the following information and documentation to the recreation center to expedite the camp enrollment process:

• A printout of the enrollment packet. Available online at www.c3gov.com/camp.
• Child's photo
• Colorado immunization records signed by a doctor
• Health history signed by a doctor
• Addresses and phone numbers for family doctor, dentist and preferred hospital

Adventure Trek Camp (Ages 11-15)
A fantastic opportunity for youth and teens ages 11-15 to have fun and make new friends. This camp creates the opportunity for positive interaction with peers and staff. Participants make crafts, play games, conduct experiments and make decisions on what they do each day. Both camp locations participate together all day in order for everyone to bond and make new friends. Field trips may include rafting, horseback riding, paddle boarding, challenge course, hiking, reservoir activities and much more.

<table>
<thead>
<tr>
<th>Mon-Fri</th>
<th>7 a.m.-6 p.m.</th>
<th>$140/$165 per week</th>
<th>Adventure Trek drop off 7-8 a.m. and pick up 5-6 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Reunion S Lawn Mon-Fri</td>
<td>Reunion S Lawn Tue-Thu</td>
<td>Rec Center Mon-Fri</td>
</tr>
<tr>
<td>6/6-6/12</td>
<td>7801.201</td>
<td>7801.211</td>
<td>7601.201</td>
</tr>
<tr>
<td>6/22-6/26</td>
<td>7801.203</td>
<td>7801.213</td>
<td>7601.203</td>
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<tr>
<td>6/29-7/3</td>
<td>7801.204</td>
<td>7801.214</td>
<td>7601.204</td>
</tr>
<tr>
<td>7/6-7/10</td>
<td>7801.205</td>
<td>7801.215</td>
<td>7601.205</td>
</tr>
<tr>
<td>7/13-7/17</td>
<td>7801.206</td>
<td>7801.216</td>
<td>7601.206</td>
</tr>
<tr>
<td>7/20-7/24</td>
<td>7801.207</td>
<td>7801.217</td>
<td>7601.207</td>
</tr>
<tr>
<td>7/27-7/31</td>
<td>7801.208</td>
<td>1801.218</td>
<td>7601.208</td>
</tr>
<tr>
<td>8/3-8/7</td>
<td>7801.209</td>
<td>7801.219</td>
<td>7601.209</td>
</tr>
</tbody>
</table>

Summer Camp Youth (Ages 6-10)
Are you looking for a fun and safe way for your child to spend his or her summer? Commerce City Summer Camp is the place for your child. Children enjoy a variety of activities including arts and crafts, games, team-building activities, swimming, field trips and more. Summer camps provide participants with an opportunity to make friends, try new things and most of all have fun. We maintain low child-to-staff ratios while providing a safe and friendly environment.

<table>
<thead>
<tr>
<th>Mon-Fri</th>
<th>7 a.m.-6 p.m.</th>
<th>$120/$145 per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Class Number</td>
<td>Theme</td>
</tr>
<tr>
<td>6/6-6/12</td>
<td>7501.201</td>
<td>Animal Planet</td>
</tr>
<tr>
<td>6/15-6/19</td>
<td>7501.202</td>
<td>Color Craze</td>
</tr>
<tr>
<td>6/22-6/26</td>
<td>7501.203</td>
<td>Gold Rush</td>
</tr>
<tr>
<td>6/29-7/3</td>
<td>7501.204</td>
<td>Splish Splash</td>
</tr>
<tr>
<td>7/6-7/10</td>
<td>7501.205</td>
<td>Christmas in July</td>
</tr>
<tr>
<td>7/13-7/17</td>
<td>7501.206</td>
<td>Time Travelers</td>
</tr>
<tr>
<td>7/20-7/24</td>
<td>7501.207</td>
<td>Down on the Farm</td>
</tr>
<tr>
<td>7/27-7/31</td>
<td>7501.208</td>
<td>Buggin’ Out</td>
</tr>
<tr>
<td>8/3-8/7</td>
<td>7501.209</td>
<td>Superheros</td>
</tr>
</tbody>
</table>

*Field trips subject to change.

TO REGISTER, CALL 303-289-3789
WHEN SCHOOL IS OUT, CAMP IS IN

**Specialty Summer Clubs**
Each week children focus on a new theme, from Lego Mania to Sports Galore. Enrollment packet is not needed for these clubs. Ages 6-10

<table>
<thead>
<tr>
<th>Date</th>
<th>Theme</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Thur</td>
<td>Lego Mania, Experiment Overload</td>
<td>12:30-5:30 p.m.</td>
<td>$60/$70</td>
</tr>
<tr>
<td>6/15-6/18</td>
<td>Red, White, and Blue</td>
<td>6/22-6/25</td>
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</tr>
<tr>
<td>6/29-7/2</td>
<td>Water Extreme</td>
<td>7/6-7/9</td>
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</tr>
<tr>
<td>7/13-7/16</td>
<td>BIG</td>
<td>7/27-7/30</td>
<td></td>
</tr>
<tr>
<td>8/3-8/6</td>
<td>Sports Galore</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NEW Mini Police Camp**
Take part in this action packed police experience. Discover all the different aspects of police work. This day camp will have your heart pounding with live demos, building searches, SWAT, K9-Unit and more! Ages 9-12

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue-Fri</td>
<td>Lego Mania, Experiment Overload</td>
<td>6/2-6/5</td>
<td>$20/$25</td>
</tr>
<tr>
<td></td>
<td>Red, White, and Blue</td>
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<tr>
<td></td>
<td>Water Extreme</td>
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<td></td>
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<tr>
<td></td>
<td>BIG</td>
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</tr>
<tr>
<td></td>
<td>Sports Galore</td>
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</tbody>
</table>

**Police Camp**
Want a close-up look at the exciting side of local law enforcement? Then join police officers and recreation staff for an action-packed camp experience. This is four days and three nights of activities including demos, building searches, SWAT, and much more. Police camp includes fun and physical activities including hiking, low ropes course, and other active elements. Registration closes July 18.

- Drop off at Commerce City Recreation Center (6060 E. Parkway Dr). Pick up at Adams City High School (7200 Quebec Parkway).
- For a look at past year’s fun check out the video and pictures at c3gov.com/camp. Ages: 11-15

**Bike with a Cop**
Spend the day on your bike with Commerce City police officers. Participants receive safety information and equipment such as helmets. Learn how to maintain your bike, learn the rules/laws of the road and trails, and how to get help while biking. Ages 9-17. FREE

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 4/10</td>
<td>Alsup Elementary School</td>
<td>Meet in the parking lot</td>
</tr>
<tr>
<td>Tue 6/9</td>
<td>Dick’s Sporting Goods Park</td>
<td>Meet at the ticket window</td>
</tr>
<tr>
<td>Fri 6/12</td>
<td>Prairie View Middle School</td>
<td>Meet in the parking lot</td>
</tr>
<tr>
<td>Tue 6/16</td>
<td>Meet at recreation center. Participants will be transported to the Dahlia Trailhead via vans</td>
<td></td>
</tr>
<tr>
<td>Fri 6/19</td>
<td>Alsup Elementary School</td>
<td>Meet in the parking lot</td>
</tr>
<tr>
<td>Tue 6/30</td>
<td>Landmark Academy</td>
<td>Meet in the parking lot</td>
</tr>
</tbody>
</table>

**Bike Rodeos**
Commerce City police officers set up a mini “city” course with traffic lights, signs, railroad crossings, and other hazards to learn laws and safety skills. Ages: 9-17. FREE

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 4/13</td>
<td>Pioneer Park parking lot</td>
<td></td>
</tr>
<tr>
<td>Fri 5/29</td>
<td>Thimmig Elementary School</td>
<td>Meet in the parking lot</td>
</tr>
</tbody>
</table>
FIND YOUR PASSION
Showcase your abilities and learn new talents
www.facebook.com/epicprograms

Cops vs Kids
Come see how you rank against the cops. Bring your friends and join in this friendly competition of ultimate frisbee. FREE
Fri 4/10  Check in at 4 p.m.
Fairfax Park  Ultimate Frisbee

Teen Night Around Town
Join us for a party in a park near you! Enjoy an outdoor party with music, inflatables, games, sports, and food. The best part is, it’s all FREE!
Wednesdays 5-7:30 p.m.
*5/20 and 8/19 from 3-5:30 p.m.
5/20 Los Valientes Park*
5/27 Fairfax Park
6/17 Pioneer Park
6/24 River Run Park
7/8 Fairfax Park
7/15 River Run Park
8/5 Pioneer Park
8/19 Los Valientes Park*

Horseback Riding
Have you ever wanted to go horseback riding? Here’s your chance! Meet at the recreation center and travel to the stables. Learn the fundamentals of horseback riding and caring for these animals. Ages 11-17
Sat 4/4-6/20 9 a.m.-4 p.m.
7501.101 $120/$140

Boxing
This great program is not only fun, but it helps you build self-confidence as it teaches self-discipline and how to maintain a positive attitude. Transportation to and from the gym is provided from the Commerce City Recreation Center and Reunion Recreation Center. See your school resource officer or call Jacob Cox at 303-289-3674 for more information. FREE if you meet attendance requirements. Ages: 11-17
Thur 4:30-7 p.m.
Date  Commerce City  Reunion
5/7-5/28  7151.201  7151.202
6/4-6/25  7152.201  7152.202
7/2-7/30  7153.201  7153.202
8/6-8/13*  7154.201  7154.202
*This class will not meet 7/23, 8/20 and 8/27.

Middle School Madness
Bring your friends for Middle School Madness and the Recreation Center is yours for the evening. Have a blast with tons of fun activities featuring something different every month from giant inflatable courses to dodgeball tournaments and pool parties to dance parties. Grades 6-8.
7-10 p.m.  $2/person
Commerce City Recreation Center
Sat 4/25  Spring Fling
Sat 5/9  Sports!
(5th graders are invited to attend the sports event on 5/9 and learn more about Middle School Madness).

Zombie Survival 101
Learn basic wilderness survival skills with a zombie twist! Test your skills in all sorts of terrain and situations. Experience, share and learn from instructors. Can you survive? Ages 11-17
Sun 3/15-6/14  9 a.m.-3 p.m.
7501.102 $60/$85

Ultimate Survivor
Trek through mountain trails and camp along streamside on this four day, three night backpacking trip. Test all the skills you learned in the required introductory class – Zombie Survival 101. Ages 11-17
Thur-Sun 6/25-6/28
7201.201 $60/$90

Would you like to be a new YAC member?
We would love to have you join. Pick up an application at the recreation center, 6060 E. Parkway Dr., download one from the website at www.c3gov.com/epic, or call us at 303-289-3674.

Scan the QR code with a smart phone and learn more about upcoming events.
CONSTRUCTION PROGRESS ON FRONTERRA NEIGHBORHOOD PARK
Planning begins for two remaining parks

Fronterra Park expected to be complete late summer; the 19.8 acre park will feature:
• Boulder climbing play area
• Discovery scavenger hunt
  (boulders with wildlife images)
• Two open playfields
• Picnic areas
• Playgrounds
• Multi-use hard court areas
• Walking/jogging trails
• Fitness stations
• Restroom
• Low-level safety lighting
• Sustainable landscaping

PUBLIC PLANNING BEGINS FOR VILLAGES AT BUFFALO RUN EAST AND TURNBERRY NEIGHBORHOOD PARKS

Design is underway for the new neighborhood parks in Turnberry and Villages at Buffalo Run East, scheduled to open in 2016. The sites will include playgrounds, multi-use fields and courts, picnic shelters and restrooms. These are the second and third neighborhood parks in the voter-approved Issue 2K project. The neighborhood park in Fronterra is in construction and scheduled to open this summer.

Public meetings are being held in April to obtain input on the park themes and elements. Voting ballots will be available online and at the civic center and recreation center locations for those unable to attend the public meetings. Public input will be incorporated into final design, which will begin immediately following the voting period. Final designs will be unveiled to the public via a widespread outreach campaign this summer.

Public Design Meeting for Neighborhood Park in Turnberry
Wednesday, April 8 at 6 p.m.
Turnberry Elementary School Cafeteria
13069 E. 106th Pl.

Public Design Meeting for Neighborhood Park in Villages at Buffalo Run East
Thursday, April 9 at 6 p.m.
Stuart Middle School Cafeteria
15955 E. 101st Way

April 8-24: Visit www.c3gov.com/QCL and vote for your favorite design themes and elements for the new neighborhood parks in Turnberry and Villages at Buffalo Run East.
NEW!
CONSTRUCTION SIDEWALK TOURS

Join us for sidewalk tours of the capital improvement projects in progress.

- See the projects first-hand and discuss with the project team.
- These are working construction sites and no onsite access is permitted.
- Tours are weather dependent and will be canceled if rain or snow is present.
- Additional tours will be announced as they are scheduled.

AVAILABLE TOURS:

**Paradice Island Pool at Pioneer Park**
Opening in June, the 2-acre site features three water slides, lazy river, sport pool, leisure pool, activity pool, and more.

6 p.m. • March 25, April 29, May 27
Meet in front of the fence by the construction trailer in the southeast parking lot of Pioneer Park (south of 60th Avenue and Monaco Street).

**Neighborhood Park at Fronterra**
Opening this summer, the 19.8-acre nature and fitness-inspired site features a hillside slide, small skate area, play fields, sheltered picnic areas, playground, hard court, walking/jogging trails, fitness stations and more.

6 p.m. • April 14, May 12
Meet in front of the fence by the construction trailer on the north side of the park site (just east of Joplin Street on 101st Way). Street parking available on 101st Way. Do not park in school lot.

RSVP to Angela Shelbourn at ashelbourn@c3gov.com or 720-635-1030 no later than one week prior to each tour.

For more information about these projects and all capital improvements in Commerce City, visit www.c3gov.com/QCL or call 303-C3-WORKS (303-239-6757).
 Did you know? Commerce City is home to 17 parks, 25 miles of trails, more than 700 acres of open space, and Buffalo Run Golf Course.

<table>
<thead>
<tr>
<th>AMENITIES</th>
<th>Skate Park</th>
<th>Sprayground</th>
<th>Futsal</th>
<th>Volleyball</th>
<th>Basketball</th>
<th>Multipurpose</th>
<th>Soccer Field</th>
<th>Football Field</th>
<th>Softball Field</th>
<th>Baseball Field</th>
<th>Playground</th>
<th>Picnic Area</th>
<th>BBQ Grill</th>
<th>Restroom</th>
<th>Shelter</th>
</tr>
</thead>
</table>
RENT PICNIC SHELTERS FOR GROUP EVENTS
Rentals available March through October

Picnic Shelters
Commerce City is home to 17 parks, half of which have shelters available to rent for family picnics, business meetings, corporate outings, church functions and more. Parks and the number of shelters available for rental are:

<table>
<thead>
<tr>
<th>Fairfax Park</th>
<th>Pioneer Park</th>
<th>Rose Hill Grange Park</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 shelters</td>
<td>4 shelters</td>
<td>1 shelter</td>
</tr>
<tr>
<td>Freedom Park</td>
<td>Prairie Gateway Open Space</td>
<td>Stampede Park</td>
</tr>
<tr>
<td>1 shelter</td>
<td>1 shelter</td>
<td>1 shelter</td>
</tr>
<tr>
<td>Monaco Park</td>
<td>River Run Park</td>
<td>Veterans Memorial Park</td>
</tr>
<tr>
<td>2 shelters</td>
<td>2 shelters</td>
<td>1 shelter</td>
</tr>
</tbody>
</table>

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

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

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

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

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

<table>
<thead>
<tr>
<th>Pioneer Park</th>
<th>Fairfax Park</th>
<th>Municipal Services Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>5950 Holly St.</td>
<td>6850 Fairfax St.</td>
<td>8602 Rosemary St.</td>
</tr>
<tr>
<td>Four multi-purpose baseball/softball fields with lights</td>
<td>Three multi-purpose baseball/softball fields</td>
<td>Two multi-purpose football/soccer fields</td>
</tr>
</tbody>
</table>
CITY OFFERS MORE THAN 25 MILES OF OUTDOOR TRAILS

Hiking, biking, and running are all great ways to see the city. Commerce City residents continue to rank the expansion of park and trail amenities as top priorities. Commerce City has more than 25 miles of trails that allow residents to enjoy the beauty of nature and the benefits of fresh air and exercise. Walk, jog or bike any of these trails for better health and a more positive outlook.

Sand Creek Regional Greenway
Four miles of the 14-mile Sand Creek trail run through Commerce City. This trail offers a wide concrete path, with trailheads at 56th Avenue and Dahlia Street, and 52nd Avenue and Ivy Street. The trail skirts a wetlands park, and features shelters and a restroom. For a complete map, visit www.sandcreekgreenway.org.

Prairie Gateway Open Space and Trail
Northeast of the Commerce City Civic Center, this 190-acre open space has a 2.4-mile, soft-surface perimeter trail, shelters, benches and an overlook area with beautiful views of the Rocky Mountains. It 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.

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. Commerce City added 4.5 miles of this trail from 108th Avenue south to 96th 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.

GO ONLINE TO GET PARKS MAP
Explore your neighborhood park from home via Commerce City’s website, www.c3gov.com/parks, which features an interactive parks, trails and open space map that you can use to plan an afternoon visit or a family reunion. With a few clicks of your mouse, you can find information on what each park offers, such as playgrounds, bathrooms, picnic shelters, basketball courts and more.

From there, you can get driving directions and even a satellite picture of the park with amenities outlined. Print or download this information for easy reference.

The map also includes athletic field rentals and where to find them, city buildings, including the Civic Center and Recreation Center, and a link for directions from your home to the park you want to visit.

Be sure to visit Commerce City’s flagship park, Pioneer Park, which offers an outdoor leisure pool, four baseball/softball fields, batting cages, concessions, bathrooms, picnic shelters, a sprayground, skate park with three-quarter bowl, basketball courts, open grassy area and a walking path.
GOLF SEASON IS HERE!
Play more golf this summer

Experience lush greens, expansive fairways and picturesque views of the Rocky Mountains at Buffalo Run Golf Course. With long summer daylight stretching into the late evening hours, there’s plenty of time to get in extra rounds at twilight prices.

Book A Tee Time
• By the phone at 303-289-1500
• Online at www.BuffaloRunGolfCourse.com
• In person at 15700 East 112th Ave.

Senior Rates (all day Monday; holidays excluded)
$18 per person/18 holes

Sign up online at www.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).

Summer Rates – May 1-September 30, 2015

<table>
<thead>
<tr>
<th></th>
<th>9 Hole</th>
<th>18 Hole</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Resident</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon-Thur</td>
<td>$18</td>
<td>$32</td>
</tr>
<tr>
<td>Fri-Sun</td>
<td>$22</td>
<td>$37</td>
</tr>
<tr>
<td><strong>Non-resident</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon-Thur</td>
<td>$25</td>
<td>$40</td>
</tr>
<tr>
<td>Fri-Sun</td>
<td>$27</td>
<td>$44</td>
</tr>
<tr>
<td><strong>Senior Resident</strong> (62 and older)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tue-Thur (excludes holidays)</td>
<td>$14</td>
<td>$25</td>
</tr>
<tr>
<td><strong>Senior Non-resident</strong> (62 and older)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tue-Thur (excludes holidays)</td>
<td>$15</td>
<td>$27</td>
</tr>
<tr>
<td><strong>Junior Golf</strong> (17 and younger)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon-Thur</td>
<td>$7</td>
<td>$13</td>
</tr>
</tbody>
</table>

Twilight & Super Twilight discounts available – call 303-289-1500 for details

|                |        |         |
| **Other Rates**|        |         |
| Cart Rental (per person) | $12 | $17 |
| Pull Cart       | $3     | $6      |
| Club Rental Standard | $8 | $13 |
| Range Balls     | $4 Small | $6 Large |

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

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

Location
15700 East 112th Avenue
Commerce City, CO 80022
303-289-1500

Golf Course Hours
Sunrise - sunset

Driving Range Hours*
Sunrise - one hour prior to sunset

*Weather permitting.
SWING INTO SUMMER
Buffalo Run Golf Course offers something for everyone
Find the lesson, program or tournament for your skill level

### Junior Programs
Junior programs for golfers ages 5-17 learn the game of golf and meet other golfers of the same age range. Kids will enjoy fun-filled programs from camps to clubs to scrambles with friendly and professional golf instruction.

<table>
<thead>
<tr>
<th>Program</th>
<th>Dates</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>First Tee</em></td>
<td>Mon 6/1-7/20</td>
<td>5-8</td>
<td>$60 per player</td>
</tr>
<tr>
<td>Junior Kids Club</td>
<td>Mon 6/1-8/3</td>
<td>9-14</td>
<td>$200 per player</td>
</tr>
<tr>
<td>Junior Golf Scrambles</td>
<td>Mon 6/29 &amp; 8/3</td>
<td>9-14</td>
<td>$25 per player</td>
</tr>
<tr>
<td>Junior Camp Week</td>
<td>Mon-Thu 6/22-6/25</td>
<td>7-17</td>
<td>$85 per player</td>
</tr>
</tbody>
</table>

*No class 6/22 and 6/29.*

### Get Golf Ready
Get comfortable and confident on the course for beginner and intermediate players. Instruction covers the basics of the full golf swing, putting, short game, on-course play along with discussions of basic rules and golf course etiquette.

- 2-week program (four classes) • Tue & Thu 5:30-7 p.m.
- 6 hours group instruction • $99 per person
- Session 1: 4/14-4/23
- Session 2: 5/12-5/21
- Session 3: 6/9-6/18 (Intermediate Session)
- Session 4: 7/14-7/23
- Session 5: 8/11-8/20
- Session 6: 9/15-9/24 (Intermediate Session)

### Buffalo Run Men's Club
Join in the competition and enjoy the great game of golf in a social and competitive setting. Members compete for prizes in flighted tournaments throughout the season in team and individual events. Call 303-289-1500 for more information.

### Golf Divas
Golf Divas are ladies only-social golf events in a stress free environment. Join us for a fun game of golf, champagne and strawberries!

- 4/28 6 p.m. Meet & Greet Bison Grill FREE
- 5/5 5 p.m. 9-hole 2-Lady Team Scramble $39
- 6/2 5:30 p.m. 9-hole 2-Lady Team Scramble $39
- 7/7 6 p.m. 9-hole 2-Lady Team Scramble $39
- 8/15 8 a.m. 18-hole 4-Lady Team Scramble $79

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

### Bison Grill at Buffalo Run
The Bison Grill serves breakfast, lunch and dinner in a fun, family friendly atmosphere. Relax next to the stone fireplace in the dining room or outdoors on the large patio featuring expansive course views. The Bison Grill is also available for private parties, wedding rehearsals, receptions and custom events. Call 303-289-7700 to make us part of your upcoming plans.

### Nine & Dine
Kick off summer weekends with nine holes of golf and dinner. Golf begins with a shotgun start, followed by dinner and awards at the Bison Grill. $99 per couple.

- Sat 5/23 5 p.m.
- Sat 6/13 5:30 p.m.
- Sat 7/25 5:30 p.m.
- Sat 8/22 5:30 p.m.
- Sat 9/26 4:30 p.m.