



COMMERCE CITY PARKS AND RECREATION GUIDE **Fall 2016**

Registration opens August 1

c3gov.com/recreation



Breaking ground on new recreation center this fall

Fall into festive and fun family events.

Commerce City is home to 21 parks, 25 miles of trails, more than 840 acres of parks and open space, and the Buffalo Run championship golf course. With more than 200 recreation opportunities indoors and outdoors, Commerce City has something to offer for every season. Get out and try something new!



KINDER KIDS FALL PRESCHOOL – Learning is full of adventure and fun with us! Kinder Kids is a state-licensed, continuous, school-year program. Children ages 4-5 learn through small-group interaction and age-appropriate activities, including art, music, movement, dramatic play and storytelling. Class sizes are small, so participants receive lots of attention; the ratio of teachers is one for seven students. Learn how to enroll for preschool on page 31.

MOM/DAUGHTER CRAFT NIGHT – Create beautiful artwork under the guidance of an artist. Mothers, daughters, grandmothers, granddaughters, aunts and nieces are welcome. Ages 6 and older with adult

Mon 11/21 5:30-8 p.m.
7001.301 \$10/\$12 Commerce City Recreation Center

CREEPY HOLLOWES FALL FESTIVAL – Kids wear your costumes and enjoy the festival atmosphere at this annual event. Get your trick-or-treating started off right with a bag of goodies on the way out. Ages: 2-10 and their parents.

Sat 10/29 1-4 p.m.
FREE Commerce City Recreation Center

9HEALTH FAIR – The fair provides free and low-cost screenings, as well as flu shots. There are also wellness activities and resources for improving health and fitness within your family. For more information on the 9Health Fair, visit www.9healthfair.org.

Sat 11/12 7 a.m.-1 p.m.
FREE Adams City High School, 7200 Quebec Pkwy.



How can I get to the Recreation Center?

RTD bus routes 48 and 88 stop at the recreation center; check rtd-denver.com or call 303-299-6000.

RECREATION CENTER

6060 E. Parkway Drive
Phone: 303-289-3760
Fax: 303-289-3783
Mon-Fri • 5:30 a.m.-9:30 p.m.
Sat-Sun • 8 a.m.-5:30 p.m.
Pool closes half-hour before facility.

GAME ROOM

Mon • 8:30 a.m.-8:30 p.m.
Tue-Fri • 8:30 a.m.-4:30 p.m.
Sat • 8:30 a.m.-Noon
Sun • 8:30 a.m.-4:30 p.m.

Drop-in for ages 11-17
Tue-Fri • 5:30-8:30 p.m.
Sat • Noon-5 p.m.

ADULT/SENIOR CENTER

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

PARADISE ISLAND

5/28-8/6 • Mon-Sun, 10 a.m.-6 p.m.
8/7-8/30 • Sat-Sun 10 a.m.-6 p.m.
9/2-9/5 • Fri-Mon 10 a.m.-6 p.m.

FACILITY CLOSURES

Aug. 22-Sept. 5
Oct. 26-30 (Gymnasium closed)
Oct. 29 - at Noon
Nov. 24
Dec. 24 at 1 p.m.
Dec. 25
Dec. 31 at 1 p.m.
Jan. 1, 2017

IMPORTANT NUMBERS

Class/Event Registration
303-289-3789

Athletic Weather Hotline
303-289-3757

Senior Courtesy Desk
303-289-3756

Buffalo Run Golf Course
303-289-1500

DEPARTMENT STAFF

Carolyn J. Keith,
CPRP, Director

Karen A. O'Donnell,
CPRE, CTRS, Recreation Manager

Mike Brown,
Park Planning and Operations Manager

Paul Hebinck,
PGA, Golf Manager

Lori Rodcay,
Executive Administrative Support

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For more information, call 303-289-1500

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:

DAY	DATE	TIME	FEE FOR
Mon	8/1	8-9 a.m.	RESIDENT/NONRESIDENT
REGISTRATION NO.	1234.123	\$7/\$8	

Registration for summer classes opens **August 1**. Participants can register online, in person or by phone. Classes that are new or part of a specific program are identified with the program logo.

NEW



Denotes a new course or activity offering.

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.



RECREATION FACILITIES

Passes, punch cards and more!



Buy your Recreation Play Pass today!

- Passes are sold at the Commerce City Recreation Center, 6060 E. Parkway Dr.
- Recreation Play Passes are \$5 for residents, \$6 for corporate members and \$7 for nonresidents
- Proof of residency is required for resident play pass
- Proof of age is needed to purchase or renew a card
- Youth ages 3-15 must have a parent or guardian complete their registration
- Cards are valid for two years; no refunds
- Lost cards can be replaced for \$5 per card

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.

Daily Admission/Drop-In

Drop by for the day and take advantage of reasonable rates. Admission includes use of the pool and steam room, indoor track, cardio/weight center, gymnasium (for volleyball and basketball) and racquetball courts.

	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
Daily	\$3.75	\$4.75	\$6	\$4.75
Resident w/Play Pass	\$1	\$2	\$3	\$2
Nonresident w/Play Pass	\$1.50	\$3.75	\$5	\$3.75
Corporate w/Play Pass			\$3.50	\$3.50

Resident Rates

	20-visit Card	Monthly Pass	Six-month Pass	Annual Membership
Individual Adult	\$48	\$24	\$108	\$187.50
Individual Child, Age 3-7	\$16	\$8	\$36	\$62.50
Individual Youth, Age 8-17	\$32	\$16	\$72	\$125
Individual Senior, Age 62+				\$12
Household of two				\$250
Household of four*				\$375
*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

	20-Visit Card	Monthly Pass	Six-month Pass	Annual Membership
Individual Adult	\$80	\$40	\$180	\$312.50
Individual Child, Age 3-7	\$24	\$12	\$54	\$93.75
Individual Youth, Age 8-17	\$60	\$30	\$135	\$235
Individual Senior, Age 62+	\$60	\$12.50	\$75	\$150
Household of two				\$406.25
Household of four*				\$641.25
*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

	\$56	\$28	\$126	\$218.75
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Rock your Recreation Play Pass!

The Recreation Play Pass is ONE card with these great benefits:

- One card, MEGA options: Use one card for your punches, passes or memberships
- Save more: Enjoy discounted daily admission fees at the Commerce City Recreation Center and Paradise Island Pool (Residents only; summer season)

Residency Qualifications

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

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

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

REGISTER EARLY FOR FALL CLASSES

Sign up online, in person or by phone



How to Register

Registration for fall classes and programs begins August 1.

- Phone: 303-289-3789
- In person: 6060 E. Parkway Dr.
- Online: 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 fall registration, which begins August 1. 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. Staff have the right to deny participation of any individual who staff determine to be a safety risk or may inhibit the experience of others participating in a program, event, or field trip. Failure to follow this code could result in removal from class, program and/or facility.

Non-Discrimination Policy

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

Personal Training Policy

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

Americans with Disabilities Act

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

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

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

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



FIRST IN CLASS

Progression to performance starts with learning basics



The age range included with dance class descriptions is a general guideline. Instructors 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. Fall performance classes are followed by a winter recital in December.

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 required.

Non-Performance, Age 3

Mon	9/12-10/24	9-9:30 a.m.
1001.303	by 9/6	\$25/\$29
	on 9/7	\$35/\$39

Mon	11/7-12/12	9-9:30 a.m.
1002.303	by 11/2	\$22/\$26
	on 11/3	\$32/\$36

Performance, Ages 3-4

Mon*	9/12-recital	5:30-6 p.m.
1001.302	by 9/6	\$50/\$58
	on 9/7	\$60/\$68

**No class 10/31*

Tue*	9/13-recital	5:30-6 p.m.
1001.301	by 9/6	\$50/\$58
	on 9/7	\$60/\$68

**No class 11/8*

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, Age 4

Mon	9/12-10/24	9:30-10:15 a.m.
1101.301	by 9/6	\$35/\$40
	on 9/7	\$45/\$50

Mon	11/7-12/12	9:30-10:15 a.m.
1102.301	by 11/2	\$32/\$36
	on 11/3	\$42/\$46

Performance

Beginning, Ages 5-6

Mon*	9/12-recital	6-6:45 p.m.
1101.302	by 9/6	\$58/\$66
	on 9/7	\$68/\$76

**No class 10/31.*

Tue*	9/13-recital	6-6:45 p.m.
1101.305	by 9/6	\$58/\$66
	on 9/7	\$68/\$76

**No class 11/8.*

Wed*	9/14-recital	6-6:45 p.m.
1101.303	by 9/6	\$58/\$66
	on 9/7	\$68/\$76

**No class 11/2.*

Beginning, Ages 7-8

Tue*	9/13-recital	6:45-7:45 p.m.
1101.304	by 9/6	\$61/\$69
	on 9/7	\$71/\$79

**No class 11/8*

Intermediate, by instructor invitation only

Mon*	9/12-recital	6:45-7:30 p.m.
1121.301	by 9/6	\$58/\$66
	on 9/7	\$68/\$76

**No class 10/31*

Advanced, by instructor invitation only

Mon*	9/12-recital	7:30-8:15 p.m.
1141.301	by 9/6	\$58/\$66
	on 9/7	\$68/\$76

**No class 10/31*



DARE TO DANCE

Class lineup offers something for all ages



Tap & Jazz, Performance

Jazz up your routine! 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

Tue*	9/13-recital	7:45-8:45 p.m.
1131.301	by 9/6	\$61/\$69
	on 9/7	\$71/\$79

**No class 11/8*

Poms, Performance

The poms program prepares dancers for high school, college, or professional dance teams. The classes teach sharp, clean motions through floor and pom combinations. These classes also concentrate on the many skills that are required by dance teams such as jumps, leaps, and turns. Ages 8 to 15

Wed*	9/14-recital	7-8 p.m.
1501.301	by 9/6	\$61/\$69
	on 9/7	\$71/\$79

**No class 11/2*

Lyrical Dance, Performance

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

Wed*	9/14-recital	8-9 p.m.
1341.301	by 9/6	\$61/\$69
	on 9/7	\$71/\$79

**No class 11/2*

Hip Hop, Performance

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

Beginning, ages 7-10

Thur*	9/15-recital	5:30-6:30 p.m.
1201.301	by 9/6	\$58/\$66
	on 9/7	\$68/\$76

**No class 11/3 or 11/24*

Intermediate, ages 11-16

Thur*	9/15-recital	6:30-7:30 p.m.
1211.301	by 9/6	\$58/\$66
	on 9/7	\$68/\$76

**No class 11/3 or 11/24*

Advanced, by instructor invitation only

Thur*	9/15-recital	7:30-8:30 p.m.
1241.301	by 9/6	\$58/\$66
	on 9/7	\$68/\$76

**No class 11/3 or 11/24*



TREAT YOURSELF TO FUN FAMILY EVENTS THIS FALL



KinderKids

Help your child get ready for school with Kinder Kids, a continuous, school-year program with classes that are state-licensed. Children ages 4-5 learn through small-group interaction and age-appropriate activities, including art, music, movement, dramatic play and storytelling. We keep our class size small, so participants receive lots of attention; our ratio of teachers is one for every seven students. Learn how to enroll on page 31.

Mom/Daughter Craft Night

Create beautiful artwork under the guidance of a professional artist. Mothers, daughters, grandmothers, granddaughters, aunts and nieces are welcome. Ages 6 and older with adult

Mon 11/21 5:30-8 p.m.
7001.301 \$10/\$12

Creepy Hollows Fall Festival

Kids wear your costumes and enjoy the festival atmosphere at this annual event. Get your trick-or-treating started off right with a bag of goodies on the way out. Ages: 2-10 and their parents

Sat 10/29 1-4 p.m.
FREE

9Health Fair

The fair provides free and low-cost screenings, as well as flu shots. There are also wellness activities and resources for improving health and fitness within your family. For more information on the 9Health Fair, visit www.9healthfair.org.

Sat 11/12 7 a.m.-1 p.m.
FREE

Adams City High School,
7200 Quebec Pkwy.

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.
6505 E. 60th Ave., 303-288-2590





COMMERCE CITY RECREATION CENTER DROP-IN GROUP FITNESS SCHEDULE



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

To better serve the community, classes may be adjusted periodically through the year. Updates 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.

*All classes, except those with an asterisk or highlight, 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/highlighted classes require registration. Enroll in a highlighted class by visiting or calling the registration desk at 303-289-3789.

20/20 Fitness

Do you have an hour to spare? Not sure whether to do cardio or strength? Try this class with 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.

Bokwa

Bokwa is a cardio-licious blend of hip hop and dance aerobics that taps into South African-style dance.

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 develops 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.

Kickboxing/Strength Express

Moderate and high intensity combinations of punches and kicks get your heart pumping.

Low-Impact Kickboxing

Complete, low-impact aerobics, with 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.



SilverSneakers® Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is 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 movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.



SilverSneakers® Yoga

Move your whole 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 movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Totally Toned

A mix of cardio and toning exercises to give you a great workout and boost 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

In this small-group class for women only, 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. Yoga is now included with memberships and daily drop in at no additional charge. Mats are limited, 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 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 will be half Zumba and half Zumba Sentao.



GO FROM BEGINNER TO PRO WITH 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.

Call 303-289-3762 for a FREE assessment.

Fitness Consult

Are you new to the fitness world and not sure where to 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 actually learn what it takes to gain control of your health.

Call 303-289-3762 for a FREE 30-minute appointment.



Personal Training

Achieve your fitness goals with personal training. Incorporate fitness assessments, goal setting and health education into challenging workouts specially designed for your needs and goals with a nationally certified personal trainer. Your personal trainer instructs you on proper technique, provides exercise options and motivates you to achieve your fitness goals. Sessions are one hour each.

ONE-HOUR TRAINING FOR THE INDIVIDUAL

1 one-hour session*	\$35/\$40
3-session package	\$99/\$114
6-session package	\$186/\$201
10-session package	\$290/\$305

**1 one-hour sessions can only be purchased by returning clients who previously held a 3, 6, or 10 session package.*

SEMI-PRIVATE SESSION (2 PEOPLE)

3-session package	\$81/\$96 per person
6-session package	\$150/\$165 per person
10-session package	\$230/\$245 per person

FALL PERSONAL TRAINING SPECIAL

Save \$10 when you book a 3-session package during the month of September!

(Purchase must be made during the month of September. Sessions expire six months from purchase date.)

To register for personal training, fill out the health history form and return to the recreation center front desk or fax to 303-289-3783. Download a form online at c3gov.com/recreation (under the Fitness & Wellness tab) or ask for a copy at the front desk. Forms must be completed prior to registration. Unused personal training sessions expire 6 months from date of purchase. Refunds are not provided due to session expiration.

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



GET FIT WITH SPECIALTY CLASSES



Women's Weight Lifting Seminar

From beginner to pro, without proper form you may be preventing your success in the weight room. Poor form and bad execution may lead to injury or even prevent strength gain. These seminars for women break down proper lifting form, from anatomy and joint action to technique. Come dressed to move and practice various lifting techniques under the supervision of a certified personal trainer. Leave these seminars educated with the ability to perfectly execute complex lifts such as barbell squats, deadlifts, bench press and more. Pre-registration is required and a minimum of four participants are needed for a session to begin. Ages 16 and older

Session 1: Lower Body

Sat	10/29	8:30-10 a.m.
3401.301	\$10/\$15	

Session 2: Upper Body

Sat	12/17	8:30-10 a.m.
3402.301	\$10/\$15	

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. Pre-registration is required.

Session 1

Sat	9/17	10-11:30 a.m.
3111.301	\$15/\$20	

Session 2

Sat	11/19	10-11:30 a.m.
3112.301	\$15/\$20	

Manitou Springs Incline Hike

Join our group and bring a friend as we travel to hike the Manitou Springs Incline. Although it is only 1 mile in length the 2,744 steps average a 41% incline with over 2,000 feet of climbing. This trip is not for the faint of heart so come ready a challenge. Transportation will be provided to and from the destination. Register early, space on the vehicle is limited to 14 people. Bring water and food for post exercise recovery. Ages 16 and older

Sat	9/10	4:30-10:30 a.m.
<i>(vehicle leaves promptly and the return time is estimated based on finishing time of the group).</i>		
3002.301	\$7/\$12	

Women on Weights

In this small-group class for women only, you will use strength training to help tone and sculpt muscle, lose body fat, increase metabolism and boost your confidence. Pre-registration is mandatory as a minimum of four participants are required for a session to begin.

Session 1

Sat	9/17-10/22 (6 weeks)	8:30-9:30 a.m.
3101.302	\$25/\$30	

Session 2

Sat	11/5-12/10 (5 weeks*)	8:30-9:30 a.m.
3102.302	\$21/\$25	

**No class 11/26.*

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. Pre-registration is mandatory as a minimum of four participants are required for a session to begin.

Session 1

Tue/Thur	9/13-10/20 (6 weeks)	4:30-5:30 p.m.
3701.301	\$65/\$75	

Session 2

Tue/Thur	11/1-12/8 (6 weeks*)	4:30-5:30 p.m.
3702.301	\$60/\$70	

**No class 11/24.*

Beginner Yoga 101

Join this small group yoga series that caters to beginners. Maybe you have never tried yoga or perhaps you are intimidated to join a live class. Learn the essential poses that will develop your practice so you can transition to a regular group practice. No experience necessary; just bring a mat (or use one of ours). Pre-registration is mandatory as a minimum of four participants are required for a session to begin. Ages 16 and older

Session 1

Wed	9/14-10/5 (4 weeks)	4:30-5:30 p.m.
3241.301	\$18/\$23	

Unless otherwise noted all classes on this page require a minimum registration of four participants to begin.



OLDER ADULT FITNESS/ WELLNESS OPPORTUNITIES



Check out all fitness and wellness programs including SilverSneakers® group fitness, personal training, and more on pages 8-9.

SilverSneakers® Ornament Exchange and Potluck

Everyone is welcome to join the annual SilverSneakers® ornament exchange and breakfast potluck. Bring a breakfast item to share and an ornament to exchange. Pre-registration is required.

Wed	12/7	9:30-10:30 a.m.
3903.301	FREE	Crafts Room

Activity Trackers, Smart Watches, Pedometers, Oh My!

The current trend in fitness is wearable technology that gives the user real time data such as heart rate, steps, calories, daily distance, and more. With all the options out there, how do you know which one is right for you? Do you know the difference between an activity tracker, a pedometer, and a smart watch? Join this discussion as we look at several brands and analyze which option is the best fit for you. The main objective is to give you the knowledge of cost, capability, and characteristics of the major wearable fitness technologies. Pre-registration is required.

Wed	10/12	10-11 a.m.
3905.301	\$3/\$5	Crafts Room

Senior Walking Group

Are you getting enough activity in your daily routine to stay healthy? Do you need some motivation to get moving but would like a safe environment to do so? Join the senior walking group. Walk as much or as little as you want and enjoy the socialization with others. No registration required, simply drop-in.

1st and 3rd Fridays each month 10 a.m.
Recreation center basketball court

Walk and Earn

Participants who come to 10 consecutive sessions will receive a FREE birthday lunch voucher. To be eligible for the voucher, attendees must walk at least 20 minutes each session.

1st and 3rd Fridays each month 10 a.m.
Recreation center basketball court

SilverSneakers® New Member Welcome

The member welcomes are open to all new older adult members. These events provide an opportunity to learn about our fitness and wellness services, receive a full tour of the facility, and learn how to properly use fitness equipment. Please call 303-289-3762 to schedule your guided tour.



MAKE YOUR MOVE

Beginning level classes focus on movement



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

Parent-Taught

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

Wed 9/14-10/19 9:30-10:15 a.m.
2101.301 by 9/5 \$22/\$26
on 9/6 \$32/\$36

Sat 9/17-10/22 9-9:45 a.m.
2101.302 by 9/5 \$22/\$26
on 9/6 \$32/\$36

Wed 11/9-12/14 9:30-10:15 a.m.
2102.301 by 10/31 \$22/\$26
on 11/1 \$32/\$36

Sat 11/12-12/17 9-9:45 a.m.
2102.302 by 10/31 \$22/\$26
on 11/1 \$32/\$36

Pre-Gymnastics

Instructors introduce children to basic gymnastics using all types 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 9/14-10/19 10:30-11:15 a.m.
2201.301 by 9/5 \$22/\$26
on 9/6 \$32/\$36

Sat 9/17-10/22 10-10:45 a.m.
2201.302 by 9/5 \$22/\$26
on 9/6 \$32/\$36

Sat 9/17-10/22 11-11:45 a.m.
2201.303 by 9/5 \$22/\$26
on 9/6 \$32/\$36

Wed 11/9-12/14 10:30-11:15 a.m.
2202.301 by 10/31 \$22/\$26
on 11/1 \$32/\$36

Sat 11/12-12/17 10-10:45 a.m.
2202.302 by 10/31 \$22/\$26
on 11/1 \$32/\$36

Sat 11/12-12/17 11-11:45 a.m.
2202.303 by 10/31 \$22/\$26
on 11/1 \$32/\$36

Early registration for beginning, advanced beginning and intermediate class levels starts **Aug. 22 for residents and Aug. 24 for non-residents** for session 1, ending on Sept. 5. Starting September 6, late registration is accepted as space becomes available in classes, but the class fee will increase by \$10 per class. **Session 2 early registration opens Oct. 24 for residents and Oct. 26 for non-residents**, ending on Oct. 31. Starting on Nov. 1, late registration is accepted as space becomes available in classes, but the class fee will increase by \$10 per class. Please register early to secure your spot and enjoy the discounted class rates.

Beginning Gymnastics

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

Mon 9/12-10/17 4:30-5:30 p.m.
2301.301 by 9/5 \$26/\$30
on 9/6 \$36/\$40

Mon 9/12-10/17 5:30-6:30 p.m.
2301.302 by 9/5 \$26/\$30
on 9/6 \$36/\$40

Wed 9/14-10/19 4:30-5:30 p.m.
2301.303 by 9/5 \$26/\$30
on 9/6 \$36/\$40

Wed 9/14-10/19 6:30-7:30 p.m.
2301.304 by 9/5 \$26/\$30
on 9/6 \$36/\$40

Sat 9/17-10/22 Noon-1 p.m.
2301.305 by 9/5 \$26/\$30
on 9/6 \$36/\$40

Mon 11/7-12/12 4:30-5:30 p.m.
2302.301 by 10/31 \$26/\$30
on 11/1 \$36/\$40

Mon 11/7-12/12 5:30-6:30 p.m.
2302.302 by 10/31 \$26/\$30
on 11/1 \$36/\$40

Wed 11/9-12/14 4:30-5:30 p.m.
2302.303 by 10/31 \$26/\$30
on 11/1 \$36/\$40

Wed 11/9-12/14 6:30-7:30 p.m.
2302.304 by 10/31 \$26/\$30
on 11/1 \$36/\$40

Sat 11/12-12/17 Noon-1 p.m.
2302.305 by 10/31 \$26/\$30
on 11/1 \$36/\$40



Advanced Beginning Gymnastics

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

Mon 9/12-10/17 4:30-5:30 p.m.
2311.304 by 9/5 \$26/\$30
on 9/6 \$36/\$40

Mon 9/12-10/17 6:30-7:30 p.m.
2311.301 by 9/5 \$26/\$30
on 9/6 \$36/\$40

Wed 9/14-10/19 5:30-6:30 p.m.
2311.303 by 9/5 \$26/\$30
on 9/6 \$36/\$40

Sat 9/17-10/22 Noon-1 p.m.
2311.302 by 9/5 \$26/\$30
on 9/6 \$36/\$40

Mon 11/7-12/12 4:30-5:30 p.m.
2312.304 by 10/31 \$26/\$30
on 11/1 \$36/\$40

Mon 11/7-12/12 6:30-7:30 p.m.
2312.301 by 10/31 \$26/\$30
on 11/1 \$36/\$40

Wed 11/9-12/14 5:30-6:30 p.m.
2312.303 by 10/31 \$26/\$30
on 11/1 \$36/\$40

Sat 11/12-12/17 Noon-1 p.m.
2312.302 by 10/31 \$26/\$30
on 11/1 \$36/\$40

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 beginning-level skills and have instructor's approval to move up to the intermediate level. Ages 6-17

Mon 9/12-10/17 6-7:30 p.m.
2321.301 by 9/5 \$29/\$33
on 9/6 \$39/\$43

Wed 9/14-10/19 6-7:30 p.m.
2321.302 by 9/5 \$29/\$33
on 9/6 \$39/\$43

Mon 11/7-12/12 6-7:30 p.m.
2322.301 by 10/31 \$29/\$33
on 11/1 \$39/\$43

Wed 11/9-12/14 6-7:30 p.m.
2322.302 by 10/31 \$29/\$33
on 11/1 \$39/\$43

What to wear and lesson information

Clothing

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

Private lessons

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

30-minute private lesson (1 person) \$20/\$26

One-hour private lesson (1 person) \$34/\$40

One-hour semi-private lesson (up to 3 people) \$42/\$50





CARA teams offer chance to compete in gymnastics

Registration for all CARA team level programs start **August 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	9/6-9/27	5:30-7:30 p.m.
2401.301	by 8/31	\$28/\$33
(4 wks)	on 9/1	\$38/\$43
Thu	9/8-9/29	5:30-7:30 p.m.
2401.302	by 9/2	\$28/\$33
(4 wks)	on 9/3	\$38/\$43
Tue	10/4-10/25	5:30-7:30 p.m.
2402.301	by 9/28	\$28/\$33
(4 wks)	on 9/29	\$38/\$43
Thu	10/6-10/27	5:30-7:30 p.m.
2402.302	by 9/30	\$28/\$33
(4 wks)	on 10/1	\$38/\$43
Tue	11/1-11/15	5:30-7:30 p.m.
2403.301	by 10/26	\$21/\$26
(3 wks)	on 10/27	\$31/\$36
Thu	11/3-11/17	5:30-7:30 p.m.
2403.302	by 10/28	\$21/\$26
(3 wks)	on 10/29	\$31/\$36
Tue	11/29-12/20	5:30-7:30 p.m.
2404.301	by 11/23	\$28/\$33
(4 wks)	on 11/24	\$38/\$43
Thu	12/1-12/22	5:30-7:30 p.m.
2404.302	by 11/25	\$28/\$33
(4 wks)	on 11/26	\$38/\$43

CARA Girls Gymnastics Team Compulsory Level 3 and 4

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

Tue/Thu	9/6-9/29	5:30-7:30 p.m.
2411.301	by 8/31	\$75/\$80
	on 9/1	\$85/\$90
Tue/Thu	10/4-10/27	5:30-7:30 p.m.
2412.301	by 9/28	\$75/\$80
	on 9/29	\$85/\$90
Tue/Thu*	11/1-11/29	5:30-7:30 p.m.
2413.301	by 10/26	\$75/\$80
	on 10/27	\$85/\$90
Tue/Thu	12/1-12/22	5:30-7:30 p.m.
2414.301	by 11/25	\$66/\$71
	on 11/26	\$76/\$81

*No class 11/24.

CARA Girls Gymnastics Team Optional Levels

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

Tue/Thu	9/6-9/29	7:15-9:15 p.m.
2421.301	by 8/31	\$75/\$80
	on 9/1	\$85/\$90
Tue/Thu	10/4-10/27	7:15-9:15 p.m.
2422.301	by 9/28	\$75/\$80
	on 9/29	\$85/\$90
Tue/Thu*	11/1-11/29	7:15-9:15 p.m.
2423.301	by 10/26	\$75/\$80
	on 10/27	\$85/\$90
Tue/Thu	12/1-12/22	7:15-9:15 p.m.
4214.301	by 11/25	\$66/\$71
	on 11/26	\$76/\$81

*No class 11/24.

Winter Break Skills Clinic – CARA team levels

Tue/Thu	12/27 & 12/29	5:30-7:30 p.m.
2451.301	by 12/21 on 12/22	\$28/\$33 \$38/\$43
Tue/Thu	12/27 & 12/29	7:15-9:15 p.m.
2451.302	by 12/21 on 12/22	\$28/\$33 \$38/\$43



MIX IT UP WITH MARTIAL ARTS

Reduce stress, increase productivity,
and build self-confidence



Taekwondo

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

Session 1

Tue	9/13-10/18	6:30-8 p.m.
1051.301	by 9/7	\$32/\$36
	on 9/8	\$42/\$46
Tue/Thur	9/13-10/20	6:30-8 p.m.
1051.302	by 9/7	\$60/\$64
	on 9/8	\$70/\$74
Thur	9/15-10/20	6:30-8 p.m.
1051.303	by 9/9	\$32/\$36
	on 9/10	\$42/\$46

Session 2

Tue	11/8-12/13	6:30-8 p.m.
1052.301	by 11/2	\$32/\$36
	on 11/3	\$42/\$46
Tue/Thur*	11/8-12/15	6:30-8 p.m.
1052.302	by 11/2	\$55/\$59
	on 11/3	\$65/\$69
Thur*	11/10-12/15	6:30-8 p.m.
1052.303	by 11/4	\$27/\$31
	on 11/5	\$37/\$41

*No class 11/24.





ENJOY THE BOUNTY OF FALL

Special events take place at the
Older Adult/Senior Center



Biscuits and Gravy Breakfast

Bring your friends to enjoy hearty biscuits covered in creamy sausage gravy at the senior center. This annual event benefits the Goodfriends scholarship fund. Get your meal to go by calling 303-289-3756.

Tue 10/25 7-10 a.m.
\$3.50 at the door

Senior Community Dance Mixer

Commerce City is hosting a dance and inviting guests from other senior centers in the region. Pull that dress out of the closet, iron that suit and polish those shoes. Dress to impress, come ready to mix and mingle, and dance the night away. Grab your significant other or bring your friends, and enjoy an evening of food, music and dancing at the Commerce City Recreation Center. Meet new friends from other senior centers.

Fri 10/7 5-8 p.m.
4601.303 \$5/\$6

Pumpkin Decorating

A pumpkin and all the tools will be provided for this fun seasonal event. Create a spooky carved pumpkin to have ready to welcome all the trick-or-treaters that will be visiting your house.

Mon 10/31 10-11:30 a.m.
4601.301 \$5/\$6

Karaoke and Root Beer Floats

Let your inner star shine and show off your singing pipes by performing some of your favorite hits at this event. Belt out your favorite tunes or cheer on your musically inclined friends. Refreshing root beer floats will be provided.

Tue 11/8 4-6 p.m.
4601.305 \$5/\$6

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 and fun is had by all. Refreshments are provided.

Wed 11/23 11 a.m.
4601.304 \$5/\$6

Mother and Daughter Tea

We return to Victoria's Tiny Tea room for this popular event. Grandmothers, daughters and granddaughters are invited to dress up and board our vans at the recreation center to travel to Victoria's Tiny Tea Room in Eaton, Colo. Prior to the four-course tea, you can play dress up with the venue's full array of fancy hats, boas and gloves. Cost includes transportation and meal.

Sat 11/19 11 a.m.-3:30 p.m.
4601.302 \$22 per person

Senior Center's Got Talent

Let your inner star shine at the 2nd annual talent show. Share music, art, and other talents at this event hosted by the Senior Advisory Committee. Desserts will be served prior to the start of the show. To enter, contact Zach Roth at 303-289-3720 or one of the committee members.

Tue 11/29 5-7 p.m.
4601.306 \$4/\$5

Santa's Goodfriends Holiday Shop

Take this opportunity to pick out the perfect Christmas decoration or knick-knack that your house is missing for the holiday season. Drop off your donated holiday items in the weeks leading up to the sale. All proceeds go to the Goodfriends Scholarship fund.

Fri 12/9 9 a.m.-1 p.m.

Cookies and Caroling

Join the Music Makers and sing along to all your favorite Christmas carols. Bring your favorite holiday treat to share with others.

Wed 12/21 1-3 p.m. FREE

Birthday Lunch

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 9/20 Noon
4201.301 \$7/\$9

Tue 10/18 Noon
4201.302 \$7/\$9

Tue 11/15 Noon
4201.303 \$7/\$9

Tue 12/20 Noon
4201.304 \$7/\$9

Soup Days

Enjoy savory homemade soup while supporting the Goodfriends scholarship fund. Join us in the older adult/senior center for this event, which costs \$3.50 and includes fresh rolls and dessert.

Get your meal to go by calling 303-289-3756.

Fri 10/14 11 a.m.-1 p.m.
Soup: Chili \$3.50 at the door

Fri 12/9 11 a.m.-1 p.m.
Soup: Potato \$3.50 at the door



Life Isn't Easy Support Group

Come share your life experiences, good and bad, in this monthly support group. We meet the first Monday of every month to discuss topics such as the joys and pains of daily living, the changes that come along with aging, the loss of a loved one, financial hardship, medical diagnoses, and caregiving. This discussion group is coordinated by Steve Latham, senior resources coordinator.

Mon 9/12 10 a.m.
Mon 10/3 10 a.m.
Mon 11/7 10 a.m.
Mon 12/5 10 a.m.

911: Behind the Scenes

What happens once a person dials 911? How does the process work? This presentation will take you behind the scenes of dispatch calls and how each are handled.

Tue 10/11 10 a.m.-Noon
4701.301 \$2/\$3

Natural Remedies for Better Health with Elizabeth Yarnell, ND

Your body can throw you for a loop at any time. Learn all-natural, expert recommended ways to treat ailments quickly, safely, and effectively at home.

Wed 11/9 10 a.m.-Noon
4701.302 \$5/\$6

Caregiver 101: Self-Care Tips When You Care for Others

Do you help to care for a family or friend who is frail or disabled, has a chronic illness or cognitive impairment? Then this workshop is for you, the caregiver. Caregiving may extend over many years, and the tendency may be to set your life aside during this time. You are invited to stay open to change, to think about other ways you might be handling your caregiver situation, and how you can take action on your own behalf by learning a few tools to help you take care of YOU! Join this fun, informative session as Nicole Hartog from Senior Reach shares tips on steps to identify sources of stress and how to manage them, negative self-talk, how to ask for help, and taking care of you.

Fri 11/4 1-2:30 p.m.
4701.303 \$2/\$3

DROP-IN FOR FREE AND FUN ACTIVITIES

Drop-in to the older 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, CD's, DVDs and jigsaw puzzles are welcome. Questions? Call 303-289-3720.

Activity	Day	Time	Location
Jigsaw Puzzles	Mon-Fri	8:30 a.m.-3:30 p.m.	CC Rec. Ctr.
Dominos	Mon	Noon	CC Rec. Ctr.
Scrapbooking & Cardmaking	2nd Mon	9 a.m.-12:30 p.m.	CC Rec. Ctr.
Potluck/Bingo	1st Tue	Noon	CC Rec. Ctr.
Movie Matinee	4th Tue	1 p.m.	CC Rec. Ctr.
Bunco	2nd Tue	1 p.m.	CC Rec. Ctr.
Quilting & Sewing	Wed	9 a.m.-1 p.m.	CC Rec. Ctr.
Bingo	4th Thur	1 p.m.	CC Rec. Ctr.
Beading	Fri	10 a.m.- Noon	CC Rec. Ctr.
Card games	Fri	1 p.m.	CC Rec. Ctr.
Billiards	Mon-Fri	8:30 a.m.- 4:30 p.m.	CC Rec. Ctr.
Walking Group	1st and 3rd Fri	10 a.m.	CC Rec. Ctr.



THE HOTTEST TICKET IN TOWN AND YOU'RE INVITED

Travel on a day trip



Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
SEPTEMBER							
9/7	Wed	4501.312	Shopping Downtown <i>Shop the quaint boutiques and unique shops that line the streets of Old Town Fort Collins.</i>	Fort Collins	3	9 a.m.-3 p.m.	\$6/\$7
9/8	Thur	4401.301	Shop Around Town (Craft) <i>Shop for arts and crafts for your next project.</i>	Denver area	2	9 a.m.-5 p.m.	\$6/\$7
9/10	Sat	4501.313	NEW! Colorado Artfest <i>View more than 170 exhibitors displaying a wide range of artwork from life-size sculptures to photography and jewelry.</i>	Castle Rock	3	9 a.m.-3 p.m.	\$8/\$9
9/12	Mon	4501.314	Picnic and Games E.B. Rains Park <i>Enjoy a picnic and play lawn games outside in the park with friends.</i>	Northglenn	3	10 a.m.-2 p.m.	\$8/\$9
9/13	Tue	4501.301	Indian Springs hot springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$9/\$10
9/15	Thur	4501.315	NEW! Lunch Out "Zoka's Restaurant & Bar" <i>Retreat to the foothills of the Pike National Forest for a true Colorado dining experience.</i>	Pine	1	11 a.m.-2 p.m.	\$6/\$7
9/16	Fri	4501.316	Lyons Redstone Museum <i>Peruse this museum in a former schoolhouse in the historic town of Lyons. Note, we will be walking long distances.</i>	Lyons	3	9 a.m.-3 p.m.	\$6/\$7
9/19	Mon	4501.304	Dinner Out "Wishbone" <i>Enjoy American comfort food at this family-owned and operated restaurant in business since 1963.</i>	Westminster	1	4:30-8 p.m.	\$6/\$7
9/21	Wed	4501.317	Rockies vs. St. Louis Cardinals <i>Cheer on the Rockies from shaded seats with easy access.</i>	Denver	3	Noon-5 p.m.	\$20/\$21
9/23	Fri	4501.308	Gone Fishing <i>Enjoy a day at the lake. Must bring a fishing license, fishing supplies, chair and a prepared potluck dish to feed six.</i>	T.B.A.	3	8:30 a.m.-5 p.m.	\$6/\$7
9/25	Sun	4501.318	NEW! Rocky Mountain Repertory Theatre <i>Come watch "Million Dollar Quartet," inspired by the famed Sun Records recording session with Presley, Cash, Lewis and Perkins and one of the greatest jam sessions ever. Limited seating. Note, venue is located at a higher elevation.</i>	Grand Lake	2	11 a.m.-9 p.m.	\$37/\$38
9/28	Wed	4501.319	Pro Rodeo Hall of Fame <i>Check out this museum with exhibits on rodeo history and cowboy greats, plus a gallery with Western art and an arena.</i>	Colorado Springs	2	9:45 a.m.-5 p.m.	\$12/\$13
OCTOBER							
10/1	Sat	4501.320	Cider Days <i>Celebrate Lakewood's agricultural heritage with an entertaining mix of live performances, activities and tasty harvest treats.</i>	Lakewood	3	10:30 a.m.-4 p.m.	\$13/\$14
10/5	Wed	4501.321	Elk Bugling <i>Head into Rocky Mountain National Park to hear the elk bugling during mating season. Make sure to bring your park passes.</i>	Estes Park	3	2-10 p.m.	\$8/\$9
10/6	Thur	4401.302	Shop Around Town (Thrift) <i>Look for bargains at local stores.</i>	Denver Area	2	9 a.m.-5 p.m.	\$6/\$7
10/12	Wed	4501.310	Gambling <i>Bring your spending money and take in the beautiful mountain scenery on our way to the Black Hawk.</i>	Black Hawk	3	9 a.m.-3 p.m.	\$6/\$7
10/17	Mon	4501.322	Lunch & Movie <i>Enjoy lunch and a movie with friends. Movie ticket is included in fee.</i>	Denver	1	11 a.m.-5 p.m.	\$6/\$7
10/19	Wed	4501.303	Mystery Trip <i>Shhhhhhhh, it's a secret! A surprise trip with staff awaits you. Sign up early.</i>	???	2	9 a.m.-5 p.m.	\$10/\$11
10/20	Thur	4501.323	NEW! International Cuisine Series "Pierogies Factory" <i>Enjoy delicious Polish cuisine, including pierogi dumplings made with a wide variety of fillings.</i>	Lakewood	1	11 a.m.-2 p.m.	\$6/\$7
10/21	Fri	4501.309	Gone Fishing <i>Enjoy a day at the lake. Must bring a fishing license, fishing supplies, chair and a prepared potluck dish to feed six.</i>	T.B.A.	3	8:30 a.m.-5 p.m.	\$6/\$7
10/24	Mon	4501.305	Dinner out "Pepper Pod" <i>Enjoy classic comfort food at this popular restaurant in business since 1913.</i>	Hudson	1	4:30-8 p.m.	\$6/\$7
10/26	Wed	4501.324	Ghost Town Museum <i>Ghost Town Museum is a fun and historic look back at the kind of old west town during the late 1800s and early 1900s.</i>	Colorado Springs	3	9 a.m.-5 p.m.	\$13/\$14

To register, call 303-289-3789 • c3gov.com/register

OLDER ADULT

- 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.

Please prepare for a meal cost in these ranges: breakfast, \$8-12; lunch, \$10-15; dinner, \$12-25.

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.

Locations are chosen to accommodate a large group of individuals. This may include locations that are accessible to those with mobility limitations.

Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
10/29	Sat	4501.325	NEW! Harvest Farm Hayride <i>Tour the 209-acre working farm in a large hay wagon pulled by a tractor.</i>	Wellington	3	9:30 a.m.-3 p.m.	\$16/\$17
NOVEMBER							
11/2	Wed	4501.326	NEW! Vehicle Vault <i>The Vehicle Vault gallery features a collection of vintage and exotic cars, dating from 1906 onward, for visitors to view.</i>	Parker	2	10:30 a.m.-3 p.m.	\$11/\$12
11/5	Thur	4401.303	Shop Around Town (Craft) <i>Shop for arts and crafts for your next project.</i>	Denver Area	2	9 a.m.-5 p.m.	\$6/\$7
11/10	Thur	4501.327	Broomfield Veterans Memorial Museum <i>View the collection of uniforms and memorabilia from all branches of service and all wars from the Revolutionary War onward.</i>	Broomfield	2	9:15 a.m.-2 p.m.	\$6/\$7
11/16	Wed	4501.328	Greeley History Museum <i>The Smithsonian Institution in partnership with the U.S. Geological Survey has provided the Greeley History Museum with its traveling exhibition, Earth from Space.</i>	Greeley	2	10 a.m.-3 p.m.	\$8/\$9
11/17	Thur	4501.302	Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$9/10
11/18	Fri	4501.329	NEW! Castle Marne Tea & Tour <i>Enjoy a four-course tea in this 1889 stone castle-like building. Fee includes tour; lunch is available for additional charge.</i>	Denver	2	12:15-4 p.m.	\$8/9
11/19	Sat	4601.302	Mother Daughter Tea <i>Join us for an elegant afternoon tea. Mothers, daughters, aunts and nieces welcome!</i>	Evans	1	11 a.m.-4 p.m.	\$22
11/22	Tue	4501.330	International Cuisine Series "Nepal Cuisine" <i>Enjoy a fresh, delicious Nepali buffet at this family owned restaurant.</i>	Boulder	1	11 a.m.-2 p.m.	\$6/7
11/28	Mon	4501.306	Dinner Out "Great Scotts Eatery" <i>Enjoy delicious food, vintage decor and a friendly atmosphere within a 1950s setting.</i>	Denver	1	4:30-8 p.m.	\$6/7
11/30	Wed	4501.331	NEW! Historic Fort Logan Tour <i>Step back in time and explore the Fort Logan Field Officer's Quarters museum and more on this guided tour.</i>	Denver	3	9 a.m.-2 p.m.	\$15/16
DECEMBER							
12/1	Thur	4401.304	Shop Around Town (outlet) <i>Find a bargain at local outlet stores.</i>	Denver Area	2	9 a.m.-5 p.m.	\$6/\$7
12/2	Fri	4501.333	Celestial Seasonings Tour <i>Unlock the mysteries of tea on this guided tea tour and shop for holiday gifts.</i>	Boulder	3	10:15 a.m.-2 p.m.	\$6/\$7
12/8	Thur	4501.311	Gambling T.B.A. <i>Bring your spending money and take in the mountain scenery on our way to Central City.</i>	Central City	3	9 a.m.-3 p.m.	\$6/\$7
12/10	Fri	4501.334	NEW! Thornton Winterfest <i>Get in the holiday spirit with holiday lights, decorated trees, marketplace and more at this signature event.</i>	Thornton	3	5:30-10 p.m.	\$6/\$7
12/12	Mon	4501.335	Holiday Light Tour <i>View the area's best holiday decorated homes on this light tour.</i>	Denver	2	4-9 p.m.	\$6/\$7
12/15	Thur	4401.336	Lunch & Movie <i>Enjoy lunch and a movie with friends. Movie ticket included in fee.</i>	Denver	1	11 a.m.-5 p.m.	\$6/\$7
12/16	Fri	4501.337	Byers-Evans House Museum Tour <i>Tour one of the city's most historic landmarks built in 1883. Note, there may be waiting outdoors so dress accordingly.</i>	Denver	3	9:15 a.m.-3 p.m.	\$10/\$11
12/19	Mon	4501.307	Dinner Out "Pete's Greek Town Cafe" <i>Enjoy authentic Greek cuisine with friends.</i>	Denver	1	4:30-8 p.m.	\$6/\$7
12/22	Thur	4501.338	NEW! Great Divide Bottling Tour <i>Take a tour of this Denver microbrewery. Please wear closed toe shoes.</i>	Denver	3	1-5 p.m.	\$6/\$7
12/28	Wed	4501.339	Breakfast Out "Jays Grille and Bar" <i>Enjoy a classic American breakfast with friends in this laid-back restaurant.</i>	Thornton	1	8-11 a.m.	\$6/\$7

..... To register, call 303-289-3789 • c3gov.com/register



INFORMATION, OPPORTUNITIES AND SERVICES FOR OLDER ADULTS/SENIORS



Older Adult/Senior Center

Discover new places, learn new skills and make new friends. The older adult/senior center is a friendly place with a variety of classes, services, events, trips and social opportunities for all older adults.

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

Technology is Hard

Visit with the older adult/senior center's "tech geek." Steve Latham, resources assistant, assists people with questions 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), the resident "tech geek" will attempt to answer your questions. Make an appointment by calling Steve Latham at 303-289-8108.

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.

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.

Questions about Medicare/ Medicaid

The older adult/senior center has a Medicare/Medicaid expert. Centura Health Passport Links assist older adults with questions about Medicare or Medicaid at the older adult/senior center every fourth Tuesday of the month from 9-11 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. Make an appointment by calling Steve Latham at 303-289-8108.

Health Services

Receive basic health services from an onsite nurse the second Wednesday of each month provided by the Visiting Nurse Association. Services provided by appointment only. Cancellations must be made 24 hours in advance. For more information and to schedule an appointment, call 303-289-3756.

Have some free time? Volunteer for senior services!

Make a difference in the senior community and volunteer to help the senior services area. For more information, including requirements and full list of volunteer opportunities, please contact Zach Roth at 303-289-3720 or zroth@c3gov.com. You can apply at www.c3gov.com.

Field Trip Van Drivers Needed

Paid van driver positions are available. A chance to experience our fantastic trips with meals provided. Contact Derrick Tripp at 303-289-3761 for an application or apply online at www.c3gov.com/jobs.

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 fund 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 or pick up a form at the senior center front desk.



GROW YOUR CREATIVITY

Special interest classes develop and perfect unique skills



Hunter Education

Earn a hunter's education card in three easy steps. Step 1: complete online course work. Approved online courses include: HunterEdCourse.com (\$13), Hunter-ed.com (\$24.50), or Huntercourse.com (\$24.95). Print results with the correct answers and bring to class. Step 2: Attend this one-day class as part of the Colorado Parks and Wildlife (CPW) Hunter Safety Program. A certified instructor teaches firearm safety, shooting fundamentals, wildlife laws and hunter responsibility. Step 3: After passing the final exam in class, participants head to the CPW shooting range (6060 Broadway in Denver) and complete live-fire practice before receiving a valid hunter education card. Students must make arrangements for transportation to the range. Be sure to bring a lunch.

Ages 8 and older

Sat 10/1
8002.301 \$10

9 a.m. – 1 p.m. Commerce City
Recreation Center

1-3 p.m. CPW Shooting Range,
6060 Broadway

Sat 10/15
8003.301 \$10

9 a.m. – 1 p.m. Commerce City
Recreation Center

1-3 p.m. CPW Shooting Range,
6060 Broadway

Line Dance

Learn basic line dance steps in a relaxed environment. Not only is it a fun class, but you will get exercise as well.

Mon 1:30-3 p.m.

Five visit punch card for \$25 or \$6 drop in.

Ceramics Lab

Express your creativity and explore different techniques and trends in this open forum lab, with guidance from an expert instructor. Free start-up supplies are offered to the first-timer and instructor will advise on further purchases. Fee includes instruction and firing. 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)

Adult Guitar

Learn basic chords, scales and strumming patterns, with an emphasis on complex songs and fingering techniques set at an adult pace. Must supply own acoustic guitar. All sheet music is provided. Ages 16 and older

Sat 9/10-10/15 1:15-2 p.m.

8201.301 \$32/\$37

Sat 11/5-12/17* 1:15-2 p.m.

8202.301 \$32/\$37

*No class 11/26.

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 9/10-10/15 10:15-11 a.m.

8211.301 \$32/\$37

Sat 11/5-12/17* 10:15-11 a.m.

8212.301 \$32/\$37

*No class 11/26.

MEET JIM HORVATH, GUITAR INSTRUCTOR

Jim is a singer-songwriter and professional performer with over 25 years of experience teaching guitar. Influenced by his musical family, he studied music theory on a college level and enjoys teaching students of all ages and musical levels.



Guitar Heroes Intermediate

This class expands on the basics learned in Beginner, but allows the teacher further instruction as the students prepare for the next level. Ages 8-15

Sat 9/10-10/15 11:15 a.m.-Noon
8221.301 \$32/\$37

Sat 11/5-12/17* 11:15 a.m.-Noon
8222.301 \$32/\$37

*No class 11/26.

Guitar Heroes Advanced

A continuation of the intermediate advanced level with an emphasis on more complex strumming techniques and chording. Ages 8-15

Sat 9/10-10/15 12:15-1 p.m.
8231.301 \$32/\$37

Sat 11/5-12/17* 12:15-1 p.m.
8232.301 \$32/\$37

*No class 11/26.



YOUTH SPORTS LEAGUES

Stay active and elevate your game



Youth Volleyball

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

Registration deadline: 8/24

Grades 3-5

Week of 8/29 \$50/\$60

Grades 6-8

Week of 8/29 \$50/\$60

Youth Lacrosse

Play lacrosse, one of the fastest growing sport in America. This fun and challenging program develops the basic fundamentals of lacrosse, along with promoting teamwork and sportsmanship. Participants meet twice a week for practice (days/times determined by coach) and games are held on Saturdays at various locations throughout the Denver metro area. Equipment NOT provided.

Registration deadline: 8/17

Ages	Start date	Fee
6-8	Week of 8/22	\$50/\$60
8-10	Week of 8/22	\$50/\$60
10-12	Week of 8/22	\$50/\$60
12-14	Week of 8/22	\$50/\$60



COMMERCE CITY YOUTH SPORTS

DEVELOP TEAMWORK • LEARN SPORTSMANSHIP

BUILD FRIENDSHIPS • GET ACTIVE!

Our Youth Sports Philosophy

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

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

Make a difference and coach youth sports

The Commerce City Parks, Recreation and Golf department relies on volunteers to coach youth sports. All it takes to be a successful coach in the program is a willingness and desire to help children.

You can ensure each child has a great experience in organized sports by learning the skills necessary for successful coaching through the National Youth Sports Coaches Association (NYSCA).



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

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



FLAG FOOTBALL REGISTER TODAY

Don't miss a snap



Division I (Coed) – Kindergarten and Grade 1

Discover the thrill of playing sports in this introduction to flag football. Develop skills and ability on the field through instruction and league play. Participants learn the fundamentals of running, catching, passing and defending in a fun game setting. Practices are once a week (to be determined by coach) and one game a week on Wednesday or Thursday evenings (Game held at Dick's Sporting Goods Park or Pioneer Park).

Registration Deadline: 8/24

Start date: Week of 8/29

\$40/\$48

Division II (Coed) – Grades 2-3

Increase skills and ability on the field through instruction and league play. Participants learn the fundamentals of running, catching, passing and defending in a fun game setting. Practices are once a week (to be determined by coach) and one game a week on Wednesday or Thursday evenings (Game held at Dick's Sporting Goods Park or Pioneer Park).

Registration Deadline: 8/24

Start date: Week of 8/29

\$45/\$54



NFL Punt, Pass, & Kick Competition

This event is a football competition that allows youths to showcase their talents in punting, passing and placekicking. Scores are based on distance and accuracy. Top scores from each age group advance to a sectional competition in October, with top sectional scores from each age group advancing to the state championship in November. Nations are held during an NFL game in January. The competition is open to youth ages 6-15 (age of Dec. 31, 2016) and birth certificates are required.

Tue

9/6

FREE

Ingram Field at Pioneer Park in Commerce City

6 p.m. Registration is held the day of the event.

Arrive 30 minutes prior to start time.

For additional information, contact Josh Polgar, youth sports coordinator at 303-289-3705.



**WEATHER HOTLINE:
PLEASE CALL AFTER 5 P.M.**

**303-289-3757 OR
VISIT C3GOV.COM/SPORTS**



MAKE YOUR PLAY WITH LOCAL SPORTS ORGANIZATIONS



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

Commerce City Youth Athletics (CCYA)

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

Raiders Tackle Football (fall)

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

Boys and Girls Basketball (winter)

Grades 5-8
Registration: Nov.-Dec.
Season: Jan.-Mar.
Director: Chuck Ingram, 303-286-7669

Lady Raiders - Cheerleading Squad (fall)

Ages 5-14
Registration: July
Season: Aug.-Nov.
Director: Kim Carabajal, 720-421-3049
or ccyacheer@hotmail.com

Girls Softball (spring)

Ages 6-18
Registration: Feb.-Mar.
Season: Apr.-June
Director: Roger Comer, 303-210-5676

Athletics Competitive Baseball

Ages 8-14
Registration: July
Season: Sept.-June
Director: Willis Waterhouse, 720-443-4487 or
ccathleticsbaseball@gmail.com

Adams City Wrestling Club

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

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

American Eagle Soccer Club (formerly Azteca)

This year-round program is for boys and girls ages 5-14. Teams practice twice a week at Dick’s Sporting Goods Park and games/tournaments are held on weekends throughout the greater metro-Denver area. Programs are held in the spring, summer and fall.

For more information call:
English: 720-451-0636
Spanish: 303-419-3256
Email: Luiss1018@icloud.com

Rocky Mountain ThunderHawks Football Association (fall)

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

Director: Brian Carfield at 720-427-1515 or email www.rmthunderhawks.org

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

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

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

Ages 7-14.

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



Look for youth basketball sign-ups starting in December.



Registration Information

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

Registrations received after teams are filled will be put on a waitlist. If enough players sign up before the registration deadline, we will do our best to form a new team from this list. After the registration deadline, waitlisted players may be added to a team if a player drops out before mid-season. Registrations and waitlisted players are on a first-come, first-serve basis.

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

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

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

Officials, We Need You!

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





PLAY BALL WITH FALL SPORTS LEAGUES



Adult Sports Leagues

Get your team together and send a representative to the appropriate organizational league meeting. New teams must pay league fees prior to the league meeting at the Commerce City Recreation Center. Call 303-289-3763 for more information. Ages 16 and older.

Individual Players List

Interested in playing a sport but don't have a team? Sign up on the individual player list; each registered team needing players is given a list of extra players to add to its roster. Call 303-289-3763 to be added to the individual signup. There is no guarantee you will be placed on a team.

Fall softball leagues, men's/coed

Leagues are scheduled to start soon. Call 303-289-3763 to see if there are last-minute openings.

Tuesday Night Men's D-Rec League starts on Aug. 9

Wednesday Night COED D-Rec League starts on Aug. 10

Thursday Night Men's Industrial league starts on Aug. 11

10-game season: \$470/\$500

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

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 (Game fields, with limited practices) (batting cages on site).

Fairfax Park, 6850 Fairfax St.

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

Municipal Services Center, 8602 Rosemary St.

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

Fronterra Park, 10020 Joplin St.

Three multipurpose Football/Soccer Fields (Practice fields).

River Run Park, 11515 Oswego St.

Two multipurpose Football/Soccer Fields (Practice fields).

Monaco Park, 5790 Monaco St.

Two outdoor and volleyball sand courts with lights.

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. (E. 60th Ave. and Holly St.)

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

Fee

- \$1.25 for 15 pitches
- \$15 – punch card good for 15 tokens
- \$20 per half-hour (one stall)
- \$35 per hour (one stall)

Summer hours

5/28-8/7

Mon-Fri, 3-8:30 p.m.

Sat-Sun, Noon-8 p.m.

Fall hours

8/8-10/9

Mon-Fri, 4-8 p.m.

Sat-Sun, Noon-5 p.m.

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

Safety equipment

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

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

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

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



COMMERCE CITY INDOOR POOL INFORMATION



Swimmers and non-swimmers alike can benefit from participating in water activities. Because of the increased resistance of water, simple activities such as walking turn into a resistance training activity that can burn around 654 calories an 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/Wed	1:30-4:30 p.m.
Tue/Thur	1:30-5:30 p.m.
Mon-Thur	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

Age 16 and older

Mon-Fri	5:30 a.m.-1:30 p.m.
Mon/Wed	4:30-5:30 p.m.
Sat	8 a.m.-1:30 p.m.
Sun	Noon-1:30 p.m.

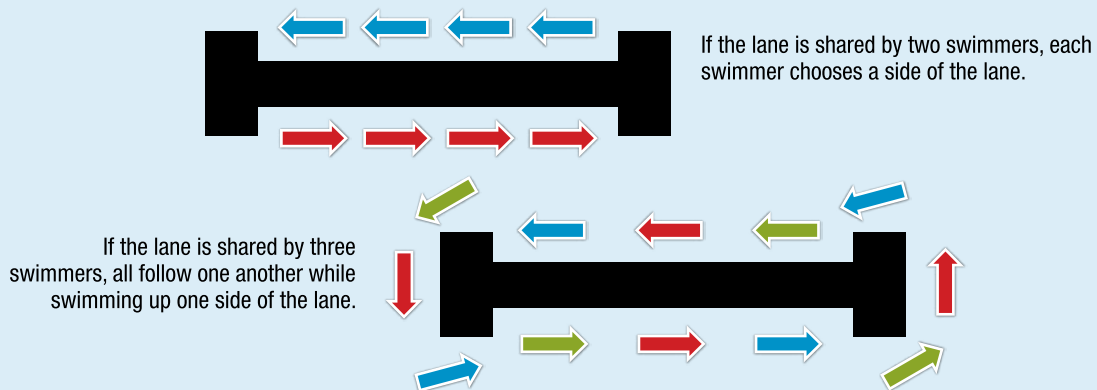
Lap Swim

Age 16 and older

Lane sharing is required during busy and high use times. Please see the diagram below for lane sharing information.

Mon-Fri	5:30 a.m.-1:30 p.m.
Mon/Wed	4:30-7:30 p.m. (only one lane available)
Tue/Thur	5:30-7:30 p.m. (only one lane available)
Sat	8 a.m.-1:30 p.m.
Sun	-11:30 a.m.

(Space is extremely limited during evening lap swim hours due to additional aquatic programs. No evening lap swim on Thursday and Friday nights).



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.

The 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



WATER FITNESS CLASSES



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 recreation play pass

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 like a slight cardiovascular challenge.

Tue/Thur 9:30-10:30 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.

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.

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

Tue/Thur 6-7 p.m.

Aqua Zumba®
Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Mon 6:30-7:30 p.m.

In preparation for your visit, please observe the following safety guidelines and pool policies:

- Instructions from the lifeguard must be obeyed at all times
 - Please be courteous. Foul language, horseplay, fighting or abusive behavior will not be tolerated.
- Proper swim attire is required.
 - Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.
 - Personal safety devices must be removable and non-inflatable. Water wings, floatation suits, and swim trainers are not allowed.
- Age requirements
 - Children age 5 and younger must be accompanied in the water and within arm’s reach by an adult age 18 or over.
 - 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.
 - A swim test must be passed by any patron wishing to swim in the deep end regardless of age.
 - Children who are not toilet trained must wear swim diapers.

Additional guidelines:

- Changing clothes on deck is prohibited.
- Acceptable personal pool equipment includes noodles, kickboards, beach balls, dive sticks, other soft balls, and infant inflatable’s with a seat in the bottom; however use of all 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 9ft area.
- No Running.
- 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.



SWIMMING REGISTRATION

Online registration opens for residents a day earlier than walk-in and phone registrations



The first day of registration is open online only for Commerce City residents only. All other registrations (non-resident, walk-in, and phone) will be taken the second day of registration.

How to set up an online account:

Important! – Online registration accounts must be set up at least 48 hours in advance, weekends excluded.

- To set up an online registration account, visit www.apm.activecommunities.com/c3gov/Home
- Once your account has been activated, please call the registration office at 303-289-3789 or the aquatics office at 303-289-3711 to have additional family members added to your account.

– *Children and other family members can only be added to your account by a recreation staff member.*

- In order to allow enough time to be able to register a family member, your online account should be created no later than the Wednesday prior to the next registration date.

Registration dates:

- Session 1: Monday, September 12 through Wednesday, September 14.
- Session 2: Monday, October 24 through Wednesday, October 26.

Registration times:

- All registrations begin at 9:30 a.m. on the first applicable day of registration
- Registration closes at 5:30 p.m. on the last scheduled day of the registration session

Waitlists:

- Due to the popularity of our program, our classes fill very quickly. We do our best to accommodate our waitlists so please add your child to the waitlist if the class you choose is full
- If your child is allowed into a class from the waitlist, payment for the class is due on or before the first day of class. Payments not made by this time will result in the class spot being offered to the next person on the waitlist.

Prerequisites:

- Registration for levels 3 and higher requires that students complete the previous level with a passing grade.
- Please contact the aquatics office at 303-289-3711 for assistance when registering a new student into a level 3 or higher, or if your child has not yet passed their current level of classes.

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 15 people are needed to qualify for this rate and the arrangements must be scheduled at least one week in advance. For every five children under the age of 12, one adult must be in the water with them and proper swim attire is required. 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. To book your party, please call the registration office at 303-289-3789.

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



SWIM ON YOUR SCHEDULE

For infants, toddlers, and those age 13 or over, we offer additional classes to accommodate your needs



Private and 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. Private and Semi-private lessons are limited to a maximum of 10 lessons per registration. To arrange lessons, call 303-289-3781.

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 older

Young Adult Lessons

This class is for young adults with minimal or no swimming ability. It focuses on teaching fundamental skills such as floating, breath control, the front crawl, and water safety. Ages 13-15

See page 30 for
lesson fees and schedule.

Water Babies

This introductory class is designed to introduce infants to the water while parents will learn how to work with their child safely in the water. Ages 6-17 months

Parent-tot

This introductory class for toddlers is designed to help parents learn how to handle their child safely in the water while the children learn basic swimming and water safety skills, build confidence, and become comfortable in and around the pool. Ages 18 months to 2 years old

WHAT ARE THE 6 PROGRAM LEVELS?

Level 1 Water Adjustment

is appropriate if your child:

- Has a fear of the water
- Will not put their face in the water
- Can hold on to the side of the pool independently

~ Designed for children who are new to, or slightly afraid of, the water.

Level 2 Fundamentals

is appropriate if your child:

- Will put their face in the water
- Can perform a supported float without apprehension
- Will explore the water freely without fear

~ Teaches independent floating, basic stroke techniques and water safety.

Level 3* Independent Swim

is appropriate if your child:

- Can perform a front and back float independently
- Will jump into 3-4 feet of water without assistance
- Can swim 10 yards of elementary backstroke

~ Combines breathing, stroke technique and distance swimming.

Level 4* Stroke Techniques

is appropriate if your child:

- Can swim half the pool length without stopping
- Is efficient in side breathing technique
- Can jump into 9 feet of water without assistance

~ Builds endurance and improves stroke techniques.

Level 5* Stroke Mechanics

is appropriate if your child:

- Can efficiently swim 1 pool length without stopping
- Can tread water continuously for at least 3 minutes
- Has been introduced to all kicking and stroke styles

~ Refines strokes in preparation for competitive swimming.

Level 6* Swim Team Prep

is appropriate if your child:

- Can swim a minimum of 2 laps without stopping
- Is efficient in all competition strokes (front crawl, backstroke, butterfly, and breast stroke)

~ Focuses on endurance and competitive swimming skills.

*A prerequisite is required for registrations for level 3 and higher. Students must successfully pass the previous or lower level in order to register for the next level.

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 • c3gov.com/register



GROUP LESSONS



MONDAY/WEDNESDAY EVENING SWIMMING LESSONS

Resident \$20\Nonresident \$28

Level	Class time	Session 1 9/19-10/19	Session 2 10/31-11/30
Water Adjustment/Level 1 ages 3-5	4:30-4:55 p.m.	6101.304	6102.304
Fundamentals/Level 2 ages 3-5	5-5:25 9.m. 6-6:25 9.m.	6201.305 6201.306	6202.305 6202.306
Fundamentals/Level 2 ages 6-12	4:30-5:15 p.m. 5:30-6:15 p.m.	6211.305 6211.306	6212.305 6212.306
Independent Swim/Level 3 ages 3-5	5:30-5:55 p.m.	6301.304	6302.304
Independent Swim/Level 3 ages 6-12	4:30-5:15 p.m.	6311.304	6312.304
Stroke Techniques/Level 4 ages 6-12	5:30-6:15 p.m.	6401.303	6402.303
Stroke Mechanics/Level 5 ages 6-12	4:30-5:15 p.m.	6501.303	6502.303
Swim Team Prep/Level 6 ages 8-17	5:30-6:30 p.m.	6811.302	6812.302

TUESDAY/THURSDAY EVENING SWIMMING LESSONS

Resident \$20\Nonresident \$28

Level	Class time	Session 1 9/20-10/20	Session 2 11/1-12/1
Water Adjustment/Level 1 ages 3-5	5:30-5:55 p.m.	6101.301	6102.301
Fundamentals/Level 2 ages 3-5	6-6:25 p.m. 7-7:25 p.m.	6201.301 6201.302	6202.301 6202.302
Fundamentals/Level 2 ages 6-12	5:30-6:15 p.m. 6:30-7:15 p.m.	6211.301 6211.302	6212.301 6212.302
Independent Swim/Level 3 ages 3-5	6:30-6:55 p.m.	6301.301	6302.301
Independent Swim/Level 3 ages 6-12	5:30-6:15 p.m.	6311.301	6312.301
Stroke Techniques/Level 4 ages 6-12	6:30-7:15 p.m.	6401.301	6402.301
Stroke Mechanics/Level 5 ages 6-12	5:30-6:15 p.m.	6501.301	6502.301
Young Adult/Ages 13-15	6:30-7:30 p.m.	6611.301	6612.301

SATURDAY MORNING SWIMMING LESSONS

Resident \$20\Nonresident \$28

Level	Class time	Session 1 9/24-10/22	Session 2 11/5-12/3
Water Babies/Ages 6-17mos	9-9:25 a.m.	6001.301	6002.301
Parent Tot/Ages 18mos-2yrs	9:30-9:55 a.m.	6001.302	6002.302
Water Adjustment/Level 1 ages 3-5	9-9:25 a.m. 10:30-10:55 a.m.	6101.302 6101.303	6102.302 6102.303
Fundamentals/Level 2 ages 3-5	9:30-9:55 a.m. 11-11:25 a.m.	6201.304 6201.304	6202.303 6202.304
Fundamentals/Level 2 ages 6-12	10-10:45 a.m. 11-11:45 a.m.	6211.302 6211.303	6212.302 6212.303
Independent Swim/Level 3 ages 3-5	10-10:25 a.m. 11:30-11:55 a.m.	6301.303 6301.304	6302.303 6302.304
Independent Swim/Level 3 ages 6-12	10-10:45 a.m. 11-11:45 a.m.	6311.302 6311.303	6312.302 6312.303
Stroke Techniques/Level 4 ages 6-12	9-9:45 a.m.	6401.302	6402.302
Stroke Mechanics/Level 5 ages 6-12	10-10:45 a.m.	6501.302	6502.302
Swim Team Prep/Level 6 ages 8-17	11 a.m. - 12 p.m.	6811.301	6812.301
Adult/Ages 16 & up	9-9:45 a.m.	6601.301	6602.301



KinderKids

Help your child get ready for school with Kinder Kids, a continuous, school-year program with classes that are state-licensed. Children ages 4-5 learn through small-group interaction and age-appropriate activities, including art, music, movement, dramatic play and storytelling. We keep our class size small, so participants receive lots of attention; our ratio of teachers is one for every seven students. Participants must have an emergency packet and immunization record on file before registering. To secure your child's continuous enrollment, monthly payments are to be received by the 25th of each month for the following month's attendance. Children who are 4 years old by Oct. 1, 2016 are eligible to participate. Please call 303-289-3659 for more information and availability. Ages 4-5

Mon-Thur	9:30 a.m.-Noon	
7101.301	9/6-9/29	\$135/\$150
7102.301	10/3-10/31	\$153/\$170
7103.301	11/1-11/30*	\$126/\$140
7104.301	12/1-12/15	\$81/\$90

*No class Nov. 11 and Nov. 21-25.

Preschool Specialty Classes

Join this fun program which offers new and exciting themes each 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	\$10/\$12/child
7201.302	9/16	All About Me
7201.303	9/23	Johnny Appleseed
7201.304	9/30	Locomotion Commotion
7202.301	10/7	Leaves and Trees
7202.302	10/14	Pumpkin Patch
7202.303	10/21	Dino-Mite!
7202.304	10/28	Halloween Party
7203.301	11/4	Fuzzy Friends
7203.303	11/18	Color Craze
7204.301	12/2	Jungle Aventures
7204.302	12/9	Family Fun

Lunch Bunch

This is an active and fun movement class. Please pack a sack lunch for your child to enjoy with their friends. Ages 4-5

Mondays	Noon-1:30 p.m.
Price: \$10/\$12/child	
7301.301	9/14
7301.302	9/21
7301.303	9/28
7302.302	10/12
7302.303	10/19
7302.304	10/26
7303.302	11/9
7303.303	11/16
7303.304	11/30
7304.302	12/14



FRESH ACTIVITIES FOR FALL



Bike with a Cop

Enjoy an afternoon or evening on your bike with Commerce City Police officers. Participants receive safety information and equipment such as helmets. Learn how to maintain bikes, learn the rules/laws of the road and trails, and how to get help while biking. Come with energy and leave tired! Don't have a bike? We will get you one for the class.

FREE Ages 9-17

8/26 ACMS 9 a.m.



Bike Rodeo

Your child joins with Commerce City recreation staff and police officers to learn all about bike safety. We set up a mini "city" course with signs, obstacles, railroad crossings, and other hazards for children to learn the laws and safety skills. No need to register. Just stop by!

FREE Ages 9-17 and siblings

8/4 Thimmig Elementary School
10 a.m. – 1 p.m.

8/11 Pioneer Park-Bike Maintenance
6-8 p.m.



Cops vs. Kids Tournaments

Get to know your local police officers by taking them on in a friendly sports game. Ages 9-17

Check in at 4 p.m. FREE

9/16 Human Foosball
10/7 Football
10/21 Baseball
11/4 Dodgeball
12/16 Basketball

Visit www.c3gov.com for current locations.

Horseback

Have you ever wanted to go horseback riding? Here's your chance! Meet at the recreation center and travel to Longview Stables in Aurora. Join us to learn about horse safety, care, grooming, and responsibilities along with enjoying equine games and crafts.

Saturdays 9 a.m.-2 p.m. \$60/70

Ages 9 -12 (NEW class for younger ages)
9/17-10/22 (6 Saturdays) 7801.301

Ages 11-17

11/5-12/17 (6 Saturdays) 7801.302

Winter Break Trips

Make some memories during winter break with these fun-filled trips and swimming at the recreation center. Get the most from your school vacation when you join us on these exciting field trips. Lunch is not included in the trip price. Please bring a sack lunch, water bottle, swim suit, and towel with you.

Ages 6-10 9 a.m.-5 p.m. \$30/\$35

7501.301 12/21 Skate City

7501.302 12/22 Planetarium
+ Celestial Seasonings Tour

7501.303 12/28 Ice Skating

7501.304 12/29 Museum of
Nature and Science + IMAX

7501.305 1/4 Boondocks

7501.306 1/5 Mid Air
Adventures

Teen Nights Around Town

Join us for a party in a park near you. Enjoy an outdoor party with inflatables, games, sports and food. The best part is, it's all FREE. Ages 11-17

Wednesdays 5-7:30 p.m.

8/3 Pioneer Park

8/17 River Run Park

9/14 Monaco Park

9/28 Rose Hill Grange

10/12 Veterans Memorial Park

Zombie Survival 101

Can you survive? Learn basic wilderness survival skills with a zombie twist. Test your skills in all sorts of terrain and situations. Experience, share and learn from wilderness instructors. This is the prerequisite class for the summer 2017 backpacking trip "Ultimate Survivor." Ages 11-17

Saturdays 9/17-10/22 9 a.m.- 3 p.m.
7801.303 \$30/\$45

Creepy Hallows Fright Night

It's the Saturday before Halloween, it's time to get your scare on. Dance to the DJ, pose at the photo booth and through the haunted maze if you dare. Last but not least, don't forget to dress up for the costume contest for your chance to win some wicked prizes. Grades 6-12

Sat 10/29 7-10 p.m.
FREE

Middle School Madness

Every second Saturday of the month come to the recreation center for video games, pool, sports, music and dancing. You're not going to want to miss this! Grades 6-8

7-10 p.m. \$2 per person
Commerce City Recreation Center

Sat 9/10

Sat 10/8

Sat 11/12

Sat 12/10



Boxing

Boxing is fun and helps build self-confidence, teaches self-discipline and helps maintain a positive attitude. The recreation center has partnered with the Strictly Boxing Gym in Brighton to offer youth this training. 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 303-289-3674 for more information. FREE for residents if participant meets attendance requirements. Ages 11-18

Thur	4:30-7 p.m.	FREE
Date	Commerce City	Reunion
8/4-8/18	7903.202	7903.203
9/8-9/29	7901.302	7901.303
10/6-10/27	7902.302	7902.303
11/3-11/17	7903.302	7903.303
12/1-12/29	7904.302	7904.303

Game Room Drop-in

Starting Sept. 6, the game room is open for drop-in activities including billiards, X-ergame wall, XBOX One, Nintendo Wii U, air hockey, crafts and board games. Ages 11-18. FREE

Tue-Fri	5:30-8:30 p.m.	Ages 11-18
Sat	Noon-5 p.m.	Ages 11-Adult

Youth and Teen Advisory Committee – be a part of it!

YAC members are youth 11-17 who want to have fun and positively impact the community and parks and recreation. As a YAC member, you have the chance to work with city leaders, participate in volunteer projects, speak your mind about issues, plan and implement activities and provide leadership for your community. You also participate in team building and leadership programs, and make lots of new friends.

Would you like to be a new YAC member?

Join us for the upcoming 2016-2017 school year. Pick up an application at the recreation center, 6060 E. Parkway Dr., download at www.c3gov.com/epic, or call 303-289-3674.

Adams County Mayors and Commissioners Youth Awards (ACMCYA)

ACMCYA is an award that recognizes teenagers between the ages of 13 and 19 who have overcome personal adversity, created positive changes in their environments, or who have contributed in their own way towards making their lives or communities a better place in which to live. The ACMCYA is a tiered program that recognizes nominees at the local and county levels. If you know a young person who would be a good candidate for ACMCYA, please call 303-289-3674 for more information. Nomination forms are available mid-Oct. 2016 at www.c3gov.com/recreation.



Scan the QR code with a smart phone and learn more about upcoming events.



Like us on
Facebook

www.facebook.com/epicprograms



OPENING SOON: FINAL TWO PARKS IN FIVE-YEAR CAPITAL IMPROVEMENT PROGRAM

Turnberry Park grand opening on Aug. 15

The 9.5-acre Turnberry Park located at 10725 Wheeling St. is having a grand opening on Aug. 15. Based on community input, the park will incorporate a theme inspired by the children's book "The Very Hungry Caterpillar" and include a multi-use hard court, playground, field, picnic facilities and restroom. The park is adjacent to Turnberry Elementary School.



*Conceptual
Turnberry Park
site plan.*

Villages East Park to open in late summer

The 9-acre park located at 11698 Chambers Rd. is opening shortly after Turnberry Park. Based on community input, the park will incorporate a Rocky Mountains theme and include elements such as a playground, field, picnic facilities and restroom, consistent with neighborhood park items identified in the city's parks master plan. The park is adjacent to a planned baseball field.



*Conceptual
VBRE Park
site plan.*



For more information and updates about the grand openings, follow us on Facebook at facebook.com/commercecity or check c3gov.com/QCL.

CONSTRUCTION FOR NEW RECREATION CENTER BEGINS IN LATE FALL



Construction will begin on the new recreation center at Second Creek later this fall. Located near E. 112th Avenue and Potomac Street, the new recreation center will include elements such as an indoor pool, gymnasium with walking/jogging track, weights/fitness area, dance/aerobics studio, community room and site infrastructure.



Improvements to the existing recreation center at 6060 E. Parkway Dr. will be constructed and completed in 2018. Improvements could include elements such as a therapy pool, expanded fitness areas and family locker rooms.

BACK TO SCHOOL

Back to School Picnic

Join us at Turnberry Park on August 15 from 4:30-6:30 p.m. for a back to school celebration! Climb on the playground, play games, enjoy a snack from the food truck, and relax under the shaded picnic shelters.

Take the parks, recreation and golf survey

The city wants your feedback on customer service and satisfaction with city parks, the recreation center, Paradise Island, and Buffalo Run Golf Course for the summer season. Participants have the option to enter to win one of three free admissions to the Commerce City Recreation Center or Paradise Island pool. **To participate, visit www.c3gov.com/recreation and select the survey link or pick up a hard copy from the front desk at the recreation center.** Surveys must be completed by September 30, 2016.





EXPLORE A PARK NEAR YOU



		AMENITIES														
		Skate Park	Sprayground	Futsal	Volleyball	Basketball	Multipurpose	Soccer Field	Football Field	Softball Field	Baseball Field	Playground	Picnic Area	BBQ Grill	Restroom	Shelter
COMMUNITY PARKS	VETERANS MEMORIAL PARK 6015 Forest Dr.											◆	◆	◆	◆	◆
	FAIRFAX PARK 6850 Fairfax Dr.			◆		◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
	MONACO PARK 5790 Monaco St.				◆	◆					◆	◆	◆	◆	◆	◆
	PIONEER PARK 5950 Holly St.	◆	◆			◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
NEIGHBORHOOD PARKS	FREEDOM PARK 6330 Oneida St.											◆	◆	◆	◆	◆
	FIRST CREEK DOG PARK 10100 Havana St.														◆	
	LOS VALIENTES PARK 7300 Magnolia St.											◆	◆	◆	◆	◆
	RIVER RUN PARK 11515 Oswego St.				◆		◆			◆	◆	◆	◆	◆	◆	◆
	STAMPEDE PARK 11755 Fairplay St.						◆					◆	◆	◆	◆	◆
	FRONTERRA PARK 10020 Joplin St.	◆				◆	◆					◆	◆	◆	◆	◆
POCKET PARKS	GIFFORD PARK 6120 Monaco St.											◆	◆			◆
	JOE REILLY PARK 6401 E. 72nd Pl.												◆			
	LEYDEN PARK 5430 Leyden St.											◆	◆			◆
	MONACO VISTA 6250 Monaco St.					◆						◆				
	OLIVE PARK 6275 Olive St.											◆	◆	◆		◆
	ROSE HILL GRANGE PARK 4051 E. 68th Ave.												◆	◆	◆	◆
	ADAMS HEIGHTS PARK 6625 Brighton Blvd.											◆	◆			
	DERBY PARK 7305 Monaco St.												◆			
	URQUIDEZ-CENTENNIAL PARK 7735 Monaco St.											◆	◆			◆



Visit www.c3gov.com/QCL or call 303-C3-WORKS (303-239-6757) for information about capital improvement projects in Commerce City.



HOST YOUR EVENT

Choose a facility to fit your needs



Commerce City Recreation Center: 303-289-3789

Plan a unique event at the recreation center. 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.

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

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

Picnic Shelter Rentals *(available March through October)*

Commerce City is home to 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:

Fairfax Park 3 shelters	Pioneer Park 4 shelters	Rose Hill Grange Park 1 shelter
Freedom Park 1 shelter	Prairie Gateway Open Space 1 shelter	Stampede Park 1 shelter
Fronterra Park 1 shelter	River Run Park 2 shelters	Veterans Memorial Park 1 shelter
Monaco Park 2 shelters	Turnberry Park 1 shelter (Coming Fall 2016)	Villages East Park 1 shelter (Coming Fall 2016)

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: 303-289-3789

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

Fairfax Park

6850 Fairfax St.

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

Fronterra Park

10020 Joplin St.

Three multipurpose football/soccer fields (Practice fields)

Monaco Park

5790 Monaco St.

Two outdoor and volleyball sand courts with lights

Municipal Services Center

8602 Rosemary St.

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

Pioneer Park

5950 Holly St.

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

River Run Park

11515 Oswego St.

Two multipurpose Football/Soccer Fields (Practice fields)



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 840 acres of parks and open space and 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 E. 56th Avenue and Dahlia Street, and E. 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. Take this route and you can combine exercise with education as you visit the new refuge visitor center, which is within a short walking distance.

Fernald Trail

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

Second Creek Greenway Trail

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

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

Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail

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

The Fernald Trail will close in August due to the construction of the Regional Transportation District's North Metro Rail Line construction project. The alternative access points for the South Platte River Trail can be accessed via the Sand Creek Trail in Commerce City (the two trails meet around E. 64th Ave. and I-270, but there is not a trailhead where they meet.) There are trailheads with parking at E. 64th Ave. and York, E. 74th Ave. just west of the river, and another at E. 88th Ave. and Colorado Blvd. For more information about RTD's North Metro Rail Line visit www.rtd-fastracks.com/nm_2.



NEW Commerce City Bike and Pedestrian Map

Visit www.c3gov.com/parks and download a copy of the NEW bike and pedestrian map, featuring safe routes to schools, bike lanes, routes and safety information.

You can also 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. 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.



The crisp days of October can be the best time of year to play golf. Fall colors and discount prices make Buffalo Run your home for golf this autumn. Fall rates begin October 1.

Book A Tee Time

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

Senior Rates (all day Monday; holidays excluded)
\$20 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).

Shoulder Season

October 1-November 1, 2016

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

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

Location

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

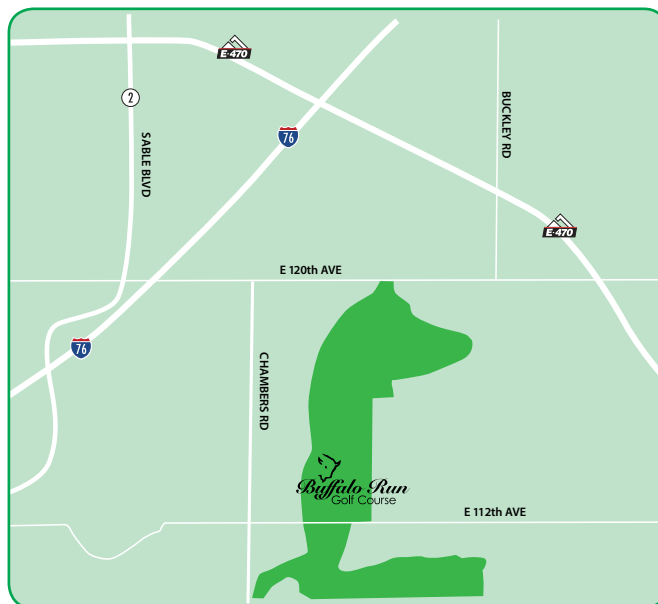
Golf Course Hours*

Sunrise - sunset

Driving Range Hours*

Sunrise - one hour prior to sunset

**Weather permitting.*





TAKE ADVANTAGE OF YOUR LOCAL RESTAURANT, BISON GRILL



Nine and Dine

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

Sat 8/6 5 p.m.
Sat 9/3 4 p.m.
Sat 10/8 3:30 p.m.

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

www.facebook.com/BufferoRunGolf



BISON GRILL

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

BOOK YOUR HOLIDAY PARTY NOW

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

