



# COMMERCE CITY PARKS AND RECREATION GUIDE

# Fall 2017

Registration opens August 7

[c3gov.com/recreation](http://c3gov.com/recreation)



# Enjoy these fall family favorites.

Fall is the perfect time of year to explore Commerce City's 21 parks, 25 miles of trails, more than 840 acres of parks and open space, and Buffalo Run championship golf course. With more than 200 recreation opportunities indoors and outdoors, Commerce City has something to offer for every season.



**FATHER/SON CAMPCATION** – Build a stronger father and son relationship with an evening of camping activities. Practicing your fishing skills, cooking camp food, and tent races are just a few of the activities in this adventure-filled opportunity! Ages 6 -14 with adult

Thur 9/28 6-8:30 p.m. \$10/\$12 per person 7001.302

**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 10/28 1-4 p.m. FREE Commerce City Recreation Center

**CREEPY HOLLOWES FRIGHT NIGHT** – Dance to the DJ, pose at the photo booth and wander through the haunted maze if you dare. Grades 6-12 only

Sat 10/28 7-10 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](http://www.9healthfair.org).

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

**MOM/DAUGHTER PAINT PARTY** – Discover your artistic side with an evening of painting and fun hosted by Gallery on the Go! Canvases, paint brushes, paints, and instruction are all provided. Create a masterpiece with your loved one that you'll be able to take home and cherish. Ages 6 -14 with adult

Thur 11/16 5:30-8 p.m. \$12/\$17 per person 7001.301



## How can I get to the Recreation Center?

RTD bus routes 48, 62 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

5/27-8/13 • Mon-Sun • 10 a.m.-6 p.m.  
8/19-8/27 • Sat-Sun • 10 a.m.-6 p.m.  
9/2-9/4 • Sat-Mon • 10 a.m.-6 p.m.

### FACILITY CLOSURES

Aug. 21-Sept. 4  
Oct. 28 Closing at noon  
Nov. 23  
Dec. 24 Closing at 1 p.m.  
Dec. 25  
Dec. 31 Closing at 1 p.m.  
Jan. 1, 2018














### 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*

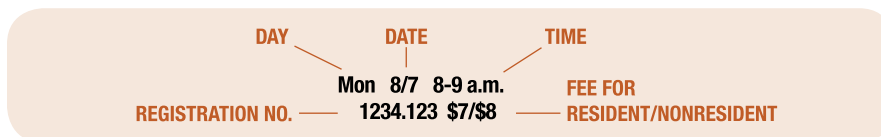
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### How To Read This Guide

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:



Registration for fall classes opens **August 7**. 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 (Commerce City residents only)

### 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 7.

- Phone: 303-289-3789
- In person: 6060 E. Parkway Dr.
- Online: [c3gov.com/recreation](http://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 7. 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, 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. Scholarships are funded in part by the Quality Community Foundation.

Adults ages 55+ can also apply for up to \$50 annually toward program costs through the Goodfriends program.

## 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.



# LEAPING FORWARD

Learn dance basics and prepare for performance



The age range included with dance class descriptions is a general guideline. Instructors will recommend the appropriate class level for students based on their skills. Students who start in one class might be asked to move to a different class in an effort to match abilities.

**Register early to take advantage of discounted class fees. Fall classes prepare students for a winter performance 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 are required.

### Ages 3-4

Mon*	9/11-recital	5:30-6 p.m.
1001.301	by 9/5	\$50/\$60
	on 9/6	\$60/\$70

*\*No class 10/30*

Thur*	9/14-recital	5:30-6 p.m.
1001.302	by 9/5	\$50/\$60
	on 9/6	\$60/\$70

*\*No class 11/2*

## Ballet & Tap

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

### Beginning, ages 5-6

Mon*	9/11-Recital	6-6:45 p.m.
1101.301	by 9/5	\$58/\$68
	on 9/6	\$68/\$78

*\*No class 10/30*

Wed*	9/13-Recital	6-6:45 p.m.
1101.302	by 9/5	\$58/\$68
	on 9/6	\$68/\$78

*\*No class 11/1*

Thur*	9/14-Recital	6-6:45 p.m.
1101.303	by 9/5	\$58/\$68
	on 9/6	\$68/\$78

*\*No class 11/2*

### Beginning, ages 7-8

Thur*	9/14-Recital	7:30-8:30 p.m.
1101.304	by 9/5	\$65/\$75
	on 9/6	\$75/\$85

*\*No class 11/2*

### Advanced Beginning, by instructor invitation only

Thur*	9/14-Recital	6:45-7:30 p.m.
1112.302	by 9/5	\$58/\$68
	on 9/6	\$68/\$78

*\*No class 11/2*

### Intermediate, by instructor invitation only

Mon*	9/11-Recital	6:45-7:30 p.m.
1111.301	by 9/5	\$58/\$68
	on 9/6	\$68/\$78

*\*No class 10/30*

### Advanced, by instructor invitation only

Mon*	9/11-Recital	7:30-8:15 p.m.
1121.301	by 9/5	\$58/\$68
	on 9/6	\$68/\$78

*\*No class 10/30*



# FROM THE STREET TO THE STAGE

Class lineup offers something for all ages



## Poms, ages 8-15

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.

Wed*	9/13-Recital	7-8 p.m.
1401.301	by 9/5	\$65/\$75
	on 9/6	\$75/\$85

\*No class 11/1

## Lyrical Dance, ages 12 and older

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.

Wed*	9/13-Recital	8-9 p.m.
1341.301	by 9/5	\$65/\$75
	on 9/6	\$75/\$85

\*No class 11/1

## Hip Hop

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

### Beginning, ages 7-10

Tue*	9/12-Recital	5:30-6:30 p.m.
1201.301	by 9/5	\$65/\$75
	on 9/6	\$75/\$85

\*No class 10/31

### Intermediate, ages 11-16

Tue*	9/12-Recital	6:30-7:30 p.m.
1211.301	by 9/5	\$65/\$75
	on 9/6	\$75/\$85

\*No class 10/31

### Advanced, by instructor invitation only

Tue*	9/12-Recital	7:30-8:30 p.m.
1241.301	by 9/5	\$65/\$75
	on 9/6	\$75/\$85

\*No class 10/31





# FALL FAMILY FAVORITES



### Father/Son Campcation

Build a stronger father and son relationship with an evening of camping activities. Practicing your fishing skills, cooking camp food, and tent races are just a few of the activities in this adventure-filled opportunity! Ages 6 -14 with parent

Thur 9/28 6-8:30 p.m.  
7001.101 \$10/\$12 per person

### 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](http://www.9healthfair.org).

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

### Mom/Daughter Paint Party

Discover your artistic side together with an evening of painting and fun hosted by Gallery on the Go! Canvases, paint brushes, paints, and instruction are all provided. Create a masterpiece with your loved one that you'll be able to take home and cherish. Ages 6 -14 with parent

Thur 11/16 5:30-8 p.m.  
7001.301 \$12/\$17 per person

### 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 10/28 1-4 p.m.  
FREE Commerce City Recreation Center

### Commerce City Heritage and Cultural Center

Visit the first history museum in Commerce City. Learn about the history, businesses, organizations, people and much more.

Mon-Sat • 10 a.m.-2 p.m., Groups are welcome by appointment • 6505 E. 60th Ave. • 303-288-2590







# COMMERCE CITY RECREATION CENTER DROP-IN GROUP FITNESS SCHEDULE



To better serve the community, check the expiration date of the current schedule as classes are adjusted throughout the year.

Classes are held in the fitness room on the first floor near the racquetball courts and gymnasium.

Registration is required for asterisked and highlighted classes. 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 memberships, and 20 punch cards. 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.

## Beats by Iris

Complete low-impact aerobics to get your heart pumping, then move into strength exercises with props such as hand weights, gliding discs, and more.

## Cardio Kick, Core & More

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

## Cycle/Step

A varied workout incorporating step choreography, cycling, and resistance training.

## 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 will get your heart pumping.

## 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.

View the current group exercise schedule online at [c3gov.com/recreation](http://c3gov.com/recreation) or pick up a hard copy at the front desk.

COMMERCE CITY RECREATION GROUP & AQUA FITNESS SCHEDULE			
Class schedule for June 5-July 16			
<b>MONDAY</b>		<b>THURSDAY</b>	
7-8 a.m. Kickboxing/Strength Express	Sylvia	7-8 a.m. SilverSneakers® Classic	Laurie
8-9 a.m. Senior Strength	Sylvia	8-9 a.m. Liquid Silver	Kayla
8-9 a.m. Fluid Motion	WGSU	8:30-9:30 a.m. SilverSneakers® Circuit	Laurie
9:15-10:15 a.m. Cycle/Step	Iris	4:30-5:30 p.m. Weight Loss Boot Camp*	Leslie
11 a.m.-Noon Totally Toned	Sylvia	5:30-6:30 p.m. Fitness Boot Camp	Caro
5:30-6:30 p.m. Ebb & Flow	Daily	6-7 p.m. Hydro Power	JJ
5:30-6:30 p.m. Vinyasa Yoga	Suzanne	6:30-7:30 p.m. Zumba®	Iris
6:30-7:30 p.m. Aqua Zumba®	Iris		
<b>TUESDAY</b>		<b>FRIDAY</b>	
7-8 a.m. SilverSneakers® Classic	Laurie	8-9 a.m. Fluid Motion	Kayla
8-9 a.m. Liquid Silver	Kayla	8:15-10:15 a.m. Zumba® Sentao	Iris
8:30-9:30 a.m. SilverSneakers® Circuit	Laurie	11 a.m.-Noon Totally Toned	Sylvia
10-11 a.m. Cardio Kick, Core & More	Laurie	<b>SATURDAY</b>	
Noon-1 p.m. Yoga (Starts June 13)	Susan	8:30-9:30 a.m. Women on Weights*	Leslie
4:30-5:30 p.m. Weight Loss Boot Camp*	Leslie	10:15-11:15 a.m. Boot Camp in the Park*	Leslie
5:30-6:30 p.m. Power Circuit	Iris		
6-7 p.m. Hydro Power	JJ		
6:30-7:30 p.m. Zumba®	Iris		
<b>WEDNESDAY</b>			
8-9 a.m. SilverSneakers® Yoga	Chana		
8-9 a.m. Fluid Motion	WGSU		
9:15-10:15 a.m. Beats by Iris	Iris		
11 a.m.-Noon 20/20 Fitness	Sylvia		
5:30-6:30 p.m. Ebb & Flow	Daily		
5:30-6:30 p.m. Vinyasa Yoga	Suzanne		

6060 E. Parkway Dr. • [c3gov.com/recreation](http://c3gov.com/recreation) • 303-289-3760

## Teen Weight Lifting\*

Getting fit can help boost self-esteem, confidence, and improve athletic ability. This class includes hands-on learning to plan an effective workout and use the weight equipment safely and properly. Teens age 14-15 will have their ID validated for access to the weight room.

## 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. Vinyasa Yoga features progressively learned flowing sequences promoting breath and movement alignment, reinvigorating the body by the end of class. Bring your own mat. Limited mats are available to borrow.

## Zumba®

Ditch the workout and join the party in this Latin-inspired fitness dance class. Due to the popularity of this class, the maximum capacity is limited to the first 35 participants. 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.

## 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.



# SHARPEN YOUR FOCUS



## Weight Room Orientation

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

## Fitness Assessments

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

\$25/\$30

## Body Composition

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

## Fitness Consult

Are you 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 in this FREE 30-minute consultation.

## Personal Training

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

### ONE-HOUR TRAINING FOR THE INDIVIDUAL

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

*\* 1 one-hour sessions can only be purchased by returning clients*

### SEMI-PRIVATE SESSION (2-3 PEOPLE)

3 one-hour sessions	\$81/\$96 per person
6 one-hour sessions	\$150/\$165 per person
10 one-hour sessions	\$230/\$245 per person

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](http://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.**



# SHRED WITH SPECIALTY CLASSES



**Bring a friend! Pre-registration is mandatory for all specialty fitness classes and a minimum of four participants are required for a session to begin.**

## Teen Weightlifting

Getting fit can help boost self-esteem, confidence, and improve athletic ability. Class includes 3 hours of hands-on learning to plan an effective workout and use the weight equipment safely and properly. With successful completion of the program, teens age 14-15 will have their ID validated for access to the weight room. Participants must attend both classes in a session in order to successfully pass the class. A missed class will require a participant to re-register and attend the next complete session. Ages 14-18.

### Session 1 (two classes)

Sat 9/16 & 9/23 10-11:30 a.m.  
3111.301 \$15/\$20

### Session 2 (two classes)

Sat 11/11 & 11/18 10-11:30 a.m.  
3112.301 \$15/\$20

## 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.

### Session 1

Sat 9/16-10/21 (6 weeks) 8:30-9:30 a.m.  
3101.302 \$30/\$35

### Session 2

Sat 11/4-12/9 (6 weeks) 8:30-9:30 a.m.  
3102.302 \$30/\$35

## Weight Loss Boot Camp

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

### Session 1

Tue/Thur 9/12-10/19 (6 weeks) 4:30-5:30 p.m.  
3701.301 \$65/\$75

### Session 2

Tue/Thur 10/31-12/7 (6 weeks\*) 4:30-5:30 p.m.  
3702.301 \$60/\$70

*\*No class 11/2*

## Now hiring!

**Do you enjoy working out? Would you enjoy instructing a class of your own at the recreation center?**

**Commerce City Recreation Center is looking to hire new group exercise instructors and personal trainers. No experience is required. If you are interested in learning more about a position contact the fitness/wellness coordinator at 303-289-3762.**

## MEET THE YOGA INSTRUCTORS



Suzanne has been practicing yoga for more than 8 years and teaches the evening Vinyasa Yoga classes. She is devoted to the physical and mental aspects of yoga and weaves this philosophy into her classes. Come flow and find your yoga community with Suzanne.

Susan is an experienced registered yoga teacher through Yoga Alliance and teaches all styles of yoga. Her weekday class nurtures the mind and body through poses, breathing and relaxation. Let Susan's class show you how to nourish your body and build the foundation for long term health.





# BALANCE TO BEAM

Beginning level classes focus on movement



Registration for parent-taught and pre-gymnastics starts Aug 7.

### Parent-Taught, ages 2-4 and parent

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

Tue	9/12-10/17	9:30-10:15 a.m.
2101.301	by 9/5	\$21/\$31
	on 9/6	\$31/\$41

Sat	9/16-10/21	9-9:45 a.m.
2101.302	by 9/5	\$21/\$31
	on 9/6	\$31/\$41

Tue	11/7-12/12	9:30-10:15 a.m.
2102.301	by 10/31	\$21/\$31
	on 11/1	\$31/\$41

Sat	11/11-12/16	9-9:45 a.m.
2102.302	by 10/31	\$21/\$31
	on 11/1	\$31/\$41

### Pre-Gymnastics, ages 4-5

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

Tue	9/12-10/17	10:30-11:15 a.m.
2201.301	by 9/5	\$21/\$31
	on 9/6	\$31/\$41

Sat	9/16-10/21	10-10:45 a.m.
2201.302	by 9/5	\$21/\$31
	on 9/6	\$31/\$41

Sat	9/16-10/21	11-11:45 a.m.
2201.303	by 9/5	\$21/\$31
	on 9/6	\$31/\$41

Tue	11/7-12/12	10:30-11:15 a.m.
2202.301	by 10/31	\$21/\$31
	on 11/1	\$31/\$41

Sat	11/11-12/16	10-10:45 a.m.
2202.302	by 10/31	\$21/\$31
	on 11/1	\$31/\$41

Sat	11/11-12/16	11-11:45 a.m.
2202.303	by 10/31	\$21/\$31
	on 11/1	\$31/\$41

### Beginning Gymnastics, ages 6-17

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

Mon	9/11-10/16	4:30-5:30 p.m.
2301.301	by 9/5	\$25/\$35
	on 9/6	\$35/\$45

Mon	9/11-10/16	5:30-6:30 p.m.
2301.302	by 9/5	\$25/\$35
	on 9/6	\$35/\$45

Wed	9/13-10/18	4:30-5:30 p.m.
2301.303	by 9/5	\$25/\$35
	on 9/6	\$35/\$45

Wed	9/13-10/18	6:30-7:30 p.m.
2301.304	by 9/5	\$25/\$35
	on 9/6	\$35/\$45

Wed	9/13-10/18	7:30-8:30 p.m.
2301.306	by 9/5	\$25/\$35
	on 9/6	\$35/\$45

Sat	9/16-10/21	Noon-1 p.m.
2301.305	by 9/5	\$25/\$35
	on 9/6	\$35/\$45

Mon	11/6-12/11	4:30-5:30 p.m.
2302.301	by 10/31	\$25/\$35
	on 11/1	\$35/\$45

Mon	11/6-12/11	5:30-6:30 p.m.
2302.302	by 10/31	\$25/\$35
	on 11/1	\$35/\$45

Wed	11/8-12/13	4:30-5:30 p.m.
2302.303	by 10/31	\$25/\$35
	on 11/1	\$35/\$45

Wed	11/8-12/13	6:30-7:30 p.m.
2302.304	by 10/31	\$25/\$35
	on 11/1	\$35/\$45

Wed	11/8-12/13	7:30-8:30 p.m.
2302.306	by 10/31	\$25/\$35
	on 11/1	\$35/\$45

Sat	11/11-12/16	Noon-1 p.m.
2302.305	by 10/31	\$25/\$35
	on 11/1	\$35/\$45



Early registration for beginning, advanced beginning and intermediate class levels starts **Aug. 21 for residents and Aug. 23 for nonresidents for session 1, ending on Sept. 5.** Starting Sept. 6, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Session 2 early registration opens **Oct. 23 for residents and Oct. 25 for nonresidents, ending on Oct. 31.** Starting on Nov. 1, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Please register early to secure your spot and enjoy the discounted class rates.

**Advanced Beginning Gymnastics, ages 6-17**

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.

Mon	9/11-10/16	4:30-5:30 p.m.
2311.304	by 9/5	\$25/\$35
	on 9/6	\$35/\$45
Mon	9/11-10/16	6:30-7:30 p.m.
2311.301	by 9/5	\$25/\$35
	on 9/6	\$35/\$45
Wed	9/13-10/18	5:30-6:30 p.m.
2311.303	by 9/5	\$25/\$35
	on 9/6	\$35/\$45
Sat	9/16-10/21	Noon-1 p.m.
2311.302	by 9/5	\$25/\$35
	on 9/6	\$35/\$45
Mon	11/6-12/11	4:30-5:30 p.m.
2312.304	by 10/31	\$25/\$35
	on 11/1	\$35/\$45
Mon	11/6-12/11	6:30-7:30 p.m.
2312.301	by 10/31	\$25/\$35
	on 11/1	\$35/\$45
Wed	11/8-12/13	5:30-6:30 p.m.
2312.303	by 10/31	\$25/\$35
	on 11/1	\$35/\$45
Sat	11/11-12/16	Noon-1 p.m.
2312.302	by 10/31	\$25/\$35
	on 11/1	\$35/\$45

**Intermediate Gymnastics, ages 6-17**

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

Mon	9/11-10/16	6-7:30 p.m.
2321.301	by 9/5	\$28/\$38
	on 9/6	\$38/\$48
Wed	9/13-10/18	6-7:30 p.m.
2321.302	by 9/5	\$28/\$38
	on 9/6	\$38/\$48
Mon	11/6-12/11	6-7:30 p.m.
2322.301	by 10/31	\$28/\$38
	on 11/1	\$38/\$48
Wed	11/8-12/13	6-7:30 p.m.
2322.302	by 10/31	\$28/\$38
	on 11/1	\$38/\$48

**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



# COMPETE WITH CARA GYMNASTIC TEAMS



Registration for all CARA team level programs starts Aug. 7. There is an additional \$10 charge to register for classes within one week of the start date.

## CARA Girls Gymnastics Team Level 2, ages 6-17

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.

Tue	9/5-9/26	5:30-7:30 p.m.
2401.301	by 8/31	\$30/\$40
(4 weeks)	on 9/1	\$40/\$50
Thur	9/7-9/28	5:30-7:30 p.m.
2401.302	by 9/1	\$30/\$40
(4 weeks)	on 9/2	\$40/\$50
Tue	10/3-10/24	5:30-7:30 p.m.
2402.301	by 9/27	\$30/\$40
(4 weeks)	on 9/28	\$40/\$50
Thur	10/5-10/26	5:30-7:30 p.m.
2402.302	by 9/29	\$30/\$40
(4 weeks)	on 9/30	\$40/\$50
Tue	11/7-11/28	5:30-7:30 p.m.
2403.301	by 11/1	\$30/\$40
(4 weeks)	on 11/2	\$40/\$50
Thur*	11/9-11/30	5:30-7:30 p.m.
2403.302	by 11/3	\$23/\$33
(3 weeks)	on 11/4	\$33/\$43
Tue	12/5-12/19	5:30-7:30 p.m.
2404.301	by 11/29	\$23/\$33
(3 weeks)	on 11/30	\$33/\$43
Thur	12/7-12/21	5:30-7:30 p.m.
2404.302	by 12/1	\$23/\$33
(3 weeks)	on 12/2	\$33/\$43

\*No class 11/23

## CARA Girls Gymnastics Team Compulsory Level 3 and 4, ages 6-17

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.

Tue/Thur	9/5-9/28	5:30-7:30 p.m.
2411.301	by 8/31	\$87/\$97
	on 9/1	\$97/\$107
Tue/Thur	10/3-10/26	5:30-7:30 p.m.
2412.301	by 9/27	\$87/\$97
	on 9/28	\$97/\$107
Tue/Thur*	11/2-11/30	5:30-7:30 p.m.
2413.301	by 10/27	\$87/\$97
	on 10/28	\$97/\$107
Tue/Thur	12/5-12/21	5:30-7:30 p.m.
2414.301	by 11/29	\$70/\$80
	on 11/31	\$80/\$90

\*No class 11/23

## CARA Girls Gymnastics Team Optional Levels, ages 6-17

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.

Tue/Thur	9/5-9/28	7:15-9:15 p.m.
2421.301	by 8/31	\$87/\$97
	on 9/1	\$97/\$107
Tue/Thur	10/3-10/26	7:15-9:15 p.m.
2422.301	by 9/27	\$87/\$97
	on 9/28	\$97/\$107
Tue/Thur*	11/2-11/30	7:15-9:15 p.m.
2423.301	by 10/27	\$87/\$97
	on 10/28	\$97/\$107
Tue/Thur	12/5-12/21	7:15-9:15 p.m.
4214.301	by 11/29	\$70/\$80
	on 11/30	\$80/\$90

\*No class 11/23

## Winter Break Skills Clinic – CARA team levels

### Compulsories

Tue/Thur	12/26 & 12/28	5:30-7:30 p.m.
2451.301	by 12/20	\$28/\$38
	on 12/21	\$38/\$48

### Optionals

Tue/Thur	12/26 & 12/28	7:15-9:15 p.m.
2451.302	by 12/20	\$28/\$38
	on 12/21	\$38/\$48





## BEGINNER TO BLACK BELT

Reduce stress, increase productivity,  
and build self-confidence



### Taekwondo

Develop self-discipline, endurance, coordination and 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 (6 weeks)

Tue	9/12-10/17	6:30-8 p.m.
1051.301	by 9/6	\$32/\$37
	on 9/7	\$42/\$47
Tue/Thur	9/12-10/19	6:30-8 p.m.
1051.302	by 9/6	\$60/\$65
	on 9/7	\$70/\$75
Thur	9/14-10/19	6:30-8 p.m.
1051.303	by 9/8	\$32/\$37
	on 9/9	\$42/\$47

#### Session 2 (6 weeks)

Tue	11/7-12/12	6:30-8 p.m.
1052.301	by 11/1	\$32/\$37
	on 11/2	\$42/\$47
Tue/Thur*	11/7-12/14	6:30-8 p.m.
1052.302	by 11/1	\$55/\$60
	on 11/2	\$65/\$70
Thur*	11/9-12/14	6:30-8 p.m.
1052.303	by 11/3	\$27/\$32
	on 11/4	\$37/\$42

\*No class 11/23

For questions about martial arts programs, call 303-289-3762.





# FESTIVE FALL EVENTS

Special events take place at the older adult/senior center



## Senior Community Dance Mixer

Commerce City is hosting a dance and inviting guests from other senior centers in the region. Dress to impress, come ready to mix and mingle, and dance the night away. Enjoy an evening of food, music and dancing!

Fri 10/13 6-8 p.m.  
4601.303 \$5/\$6 Commerce City Recreation 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 program. Get your meal to go by calling 303-289-3756.

Thur 10/26 7-10 a.m. \$3.50 at the door

## Pumpkin Decorating

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

Mon 10/30 10-11:30 a.m.  
4601.301 \$4/5

## 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.

Fri 11/3 5-7 p.m.  
4601.305 \$5/\$6

## Domino Tournament

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

Thur 11/16 11 a.m.  
4601.304 \$5/\$6

## Santa's Goodfriends Holiday Shop

Pick out the perfect Christmas decoration or gently used knick-knack that your house is missing for the holiday season. Find a new or gently used gift you've been looking for. Drop-off your donated holiday items in the weeks leading up to the sale. All proceeds go to the Goodfriends scholarship program.

Tue 12/5 9 a.m.-1 p.m. FREE

## Cookies and Caroling

Join the Music Makers and sing along to your favorite Christmas carols. Guests are invited to bring their favorite holiday treat to share with everyone.

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

## Birthday Lunches

Catch up with your friends as we serve up a great, nutritionally balanced lunch with dessert. Signup deadline is the Thursday prior to each lunch date. Doors open at 11:45 a.m. for wheelchair seating and other accommodations. Read the *On the Move* newsletter for each month's menu and entertainment.

Tue 9/19 Noon \$7/\$9 4201.301  
Tue 10/17 Noon \$7/\$9 4201.302

Entertainment: Music Makers

Tue 11/21 Noon \$7/\$9 4201.303  
Tue 12/19 Noon \$7/\$9 4201.304

Entertainment: Sandy Moffett

## Soup Days

Enjoy savory homemade potato soup, fresh rolls, and dessert in the older adult/senior center while supporting the Goodfriends scholarship program. Get your meal to go by calling 303-289-3756.

Wed 11/8 11 a.m.-1 p.m.  
Soup: Potato \$3.50 at the door

## 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, CDs, DVDs and jigsaw puzzles are welcome.

Activity	Day	Time
Billiards	Mon-Fri	8:30 a.m.-4:30 p.m.
Jigsaw Puzzles	Mon-Fri	8:30 a.m.- 3:30 p.m.
Dominos	Mon	Noon
NEW! Coloring Group	2nd Mon	9 a.m.
Scrapbooking	2nd Mon	9 a.m.-12:30 p.m.
Potluck/Bingo	1st Tue	Noon
Bunco	2nd Tue	1 p.m.
Movie Matinee	4th Tue	1 p.m.
Quilting	Wed	9-11 a.m.
Rummikub	Wed	Noon
Bingo	4th Thur	1 p.m.
Beading	Fri	10 a.m.-Noon
Card Games	Fri	1 p.m.
Walking Group	1st and 3rd Fri	10 a.m.





## NEW Coffee & Coloring Group

Coloring books aren't just for kids. Come for the NEW coffee and coloring group and discover why this art form is a growing trend among adults. This drop-in group will meet the second Monday of each month. All supplies are provided. Registration is required to attend the first session. This group will continue to meet every 2nd Monday of the month.

Mon 9/11 9 a.m.  
4701.302 FREE

## Music Therapy with Aileen Voyles

Join us for an educational, interactive presentation about music therapy with Aileen Voyles, a board certified music therapist. Learn about the uses of music therapy and join in for some fun recreational music making! All ages and abilities are welcome.

Fri 9/8 10-11:30 a.m.  
4701.301 \$6/\$7

## Canyon Critters

Discover the characteristics and behavior of reptiles and learn about responsible pet ownership. Visit with these amazing animals while their handler explains the rescue of these magnificent beasts and the mistakes people make in their pet choices.

Tue 9/12 11:30 a.m.-1:30 p.m.  
4701.303 \$6/\$7

## Learn about Marijuana Laws

Learn about the laws and effects of the passing of Amendment 64 which legalized retail marijuana. The Adams County District Attorney will present on the ins and outs of marijuana usage, the pros and cons of its legalization, and how the money from sales are spent.

Tue 10/10 10-11:30 a.m.  
4701.304 \$2/\$3

## Your Town Tour

Spend the day out and about town with department directors as your personal tour guides. See some of the newest park and recreation amenities as well as local places of interest. A charter bus will pick up at the Senior Center. Lunch at Bison Grill at Buffalo Run Golf Course will be provided.

Thur 10/12 9 a.m.-4 p.m.  
4601.307 \$10/\$11

## Medicare 101 with Kaiser Permanente

There are many changes that take place every year in Medicare policy. Learn about the new changes in policies with this informative presentation given by Kaiser Permanente.

Fri 11/10 10 a.m.  
4701.305 FREE

## 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.



# SENIOR WELLNESS WEEK NOV. 27-DEC. 1



Try something new during senior wellness week with these FREE and low-cost classes and events focusing on health and wellness.

### Lunch Out: Sweet Tomato

Enjoy farm fresh salads and made from scratch soups at this healthy all-you-can eat restaurant in Westminster. The lunch cost is not included in the trip fee.

Mon 11/27 10:30 a.m.-1:30 p.m.  
4601.302 \$6/\$7

### Line Dance

Start dancing, get some exercise and get moving! Learn balance, movement and have a great time meeting other dancers. This is a one-time free class, please pre-register.

Mon 11/27 1:30-3 p.m.  
8301.301 FREE

### SilverSneakers® Classic

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. Classes will take place in the multi-purpose rooms.

Tue 11/28 7-8 a.m. 8101.301 FREE  
Thur 11/30 7-8 a.m. 8102.301 FREE

### SilverSneakers® Circuit

Increase cardiovascular and muscular endurance power with a standing circuit workout using hand-held weights, alternated with low-impact aerobic choreography. Classes will take place in the multi-purpose rooms.

Tue 11/28 8:30-9:30 a.m. 8103.301 FREE  
Thur 11/30 8:30-9:30 a.m. 8104.301 FREE

### SilverSneakers® Yoga

Move your 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 to promote stress reduction and mental clarity.

Wed 11/29 8-9 a.m. 8105.301 FREE

### Seniors Got Talent

Don't miss this annual talent show with music, skits and more. NEW this year, join us on stage or in the audience at the Yellow Rose Event Center (6490 E. 72nd Pl., Commerce City).

Thur 11/30 6 p.m. 4601.306 \$4/\$5

### Sodium Sabotage

Following the success of the recent Sugar Sabatoge class, Glen Batista, the fitness and wellness coordinator will be back to talk about the overabundance of salt in our diets. Join the discussion and explore the effects of too much salt. Pre-registration is required.

Fri 12/1 10-11 a.m. 3906.301 FREE

### Square Dance

Make a circle of new friends, get fit, and have fun in this free square dance class. Lessons will follow a slower pace and music than other clubs.

Fri 12/1 1:30-2:30 p.m. 8302.301 FREE

### APPLY TO BECOME A VAN DRIVER FOR SENIOR DAY TRIPS!

Shifts are available for an average of 3-6 trips a month. The pay range is \$9.50-\$11.50 per hour and drivers receive free trip admission and meals (where applicable). Apply online at [c3gov.com/jobs](http://c3gov.com/jobs) or contact Derrick Tripp at 303-289-3761 for a hard copy application.



## 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

## Life Isn't Easy

Welcome to your life. There's no turning back and we know it can be tough. Come share your life experiences, good and bad, in this monthly support group. We meet the first and third Monday of every month to discuss topics such as the joys and pains of daily living, aging, the loss of a loved one, financial hardship, medical diagnoses, and caregiving. This discussion group is coordinated by Steve Latham, senior resource specialist.

1st and 3rd Monday (9/18, 10/2, 10/16, 11/6, 11/20, 12/4, 12/18)  
10-11:30 a.m. FREE

## 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](mailto:zroth@c3gov.com).

## 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 to 11 a.m. A benefits counselor can answer questions about Medicare health plans, prescription drug plans, or whether you may qualify for assistance with Medicare premiums or co-payments. The benefits counselor can also assist you with the application process. Make an appointment by calling Steve Latham at 303-289-8108.

## Technology is Hard

Visit with the older adult/senior center's "tech geek." Steve Latham, resources specialist for Commerce City, 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.

## 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.

## 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.

## Now hiring van drivers for senior trips: \$9.50-\$11.50/hour

### Apply to become a van driver for senior day trips!

This position assists with loading and unloading passengers who require assistance at all stops during outings. Shifts are available for an average of 3-6 trips a month. The pay range is \$9.50-\$11.50 per hour and drivers receive free trip admission and meals (where applicable). Apply online at [c3gov.com/jobs](http://c3gov.com/jobs) or contact Derrick Tripp at 303-289-3761 for a hard copy application.



# TRAVEL ON A DAY TRIP

Let us take care of the driving!



Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
<b>SEPTEMBER</b>							
9/7	Thur	4401.301	Shop Around Town (Craft) <i>Look for bargains at local craft stores. Lunch cost separate.</i>	Denver area	2	9 a.m.-4 p.m.	\$7/\$8
9/13	Wed	4501.312	Lucky Three Ranch <i>Tour this working ranch from a golf cart and meet horses, mules and donkeys. Wear closed toe shoes and dress for outdoor weather. Lunch cost separate.</i>	Loveland	3	8 a.m.-5 p.m.	\$21/\$22
9/14	Thur	4501.301	Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee. Lunch cost separate.</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$10/\$11
9/16	Sat	4501.313	Old Town Museum & Can Can Show <i>Take a self-guided tour of a western town, enjoy a chuck wagon lunch, and can-can show just for our group! Lunch is included in fee.</i>	Burlington	3	8 a.m.-6 p.m.	\$25/\$26
9/20	Wed	4501.314	Denver Nature & Science "Mysteries of China 3D" <i>Discover the iconic terracotta warriors and the first emperor's tomb on this Imax movie and museum visit. Lunch cost separate.</i>	Denver	2	10:45 a.m.-4 p.m.	\$11/\$12
9/22	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	Mon	4501.304	Dinner Out "Pepper Pod" <i>Enjoy a delicious dinner with friends in the plains of Colorado. Dinner costs on own.</i>	Hudson	1	4:30 p.m.-8 p.m.	\$7/\$8
9/26	Tue	4501.315	Civic Center Eats <i>Sample bites at the largest food truck gathering in Denver. Lunch costs on own.</i>	Denver	3	10:15 a.m.-1:15 p.m.	\$8/\$9
9/27	Wed	4501.316	Colorado Rockies VS Miami Marlins <i>Cheer on the Rockies from shaded seats with easy access. Lunch costs on own.</i>	Denver	3	Noon-5 p.m.	\$21/\$22
9/28	Thur	4501.317	Dillon Schoolhouse Museum <i>Tour this 1883 schoolhouse, displaying educational tools from the town's mining era. Lunch cost separate.</i>	Dillon	3	9:30 a.m.-4 p.m.	\$15/\$16
<b>OCTOBER</b>							
10/4	Wed	4501.318	Elk Bugling <i>Head in Rocky Mtn. Natl. Park to hear the elk bugling. Dress for outdoor weather and bring park pass if you have one. Dinner cost is separate.</i>	Estes Park	3	2 p.m. – 10 p.m.	\$11/\$12
10/5	Thur	4401.302	Shop Around Town (Thrift) <i>Find you next treasure at local thrift stores. Lunch cost separate.</i>	Denver Area	2	9 a.m.-4 p.m.	\$7/\$8
10/6	Fri	4501.310	Gambling "Z's Casino" <i>Bring your spending money for this trip to Black Hawk. Lunch cost separate.</i>	Black Hawk	3	9 a.m. – 3 p.m.	\$7/\$8
10/11	Wed	4501.319	Capital Tea High Tea <i>Visit Denver's finest tea shop and sample whole-leaf teas, baked goods &amp; sandwiches. Lunch is \$25 plus tax and gratuity.</i>	Denver	1	10 a.m.-2 p.m.	\$9/\$10
10/16	Mon	4501.335	International Cuisine "Aloha BBQ" <i>Try Hawaiian comfort food classics on this trip. Lunch cost separate.</i>	Thornton	1	10:45 a.m. – 2 p.m.	\$7/\$8
10/18	Wed	4501.303	Mystery Trip <i>Where will staff take you next? Make your reservations early for this surprise trip! Lunch cost separate.</i>	???	3	9 a.m.-5 p.m.	\$11/\$12
10/19	Thur	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
10/20	Fri	4501.320	Diners, Drive-Ins & Dives <i>At Sam's No. 3, try the green chili burritos with a Greek twist. Lunch cost separate.</i>	Denver	1	10:30 a.m.-3 p.m.	\$7/\$8
10/23	Mon	4501.305	Dinner Out "Wishbone" <i>Enjoy American comfort food at this restaurant, Family-owned &amp; operated since 1963. Dinner cost separate.</i>	Westminster	1	4:30 p.m.-8 p.m.	\$7/\$8
10/25	Wed	4501.321	Lunch & Movie <i>Enjoy a Hollywood blockbuster movie. Movie ticket included, lunch cost is separate.</i>	Denver	1	10:30 a.m.-5 p.m.	\$8/\$9

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.

10/27	Fri	4501.322	NEW! Brown Palace Ghost Tour	Denver	3	10:30 a.m. – 4 p.m.	\$25/\$26
<i>Learn about the few lingering guests who never really “checked out” of this hotel built in 1892. Lunch cost separate.</i>							
10/30	Mon	4501.323	NEW! Glow-in-the Dark Miniature Golf	Centennial	3	2 p.m. - 6 p.m.	\$21/\$22
<i>Play 18 holes of indoor glow-in-the-dark mini golf under the black lights, fun for all ages. Lunch cost separate.</i>							

Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
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**NOVEMBER**

11/1	Wed	4501.324	Apex Swim Center	Arvada	3	9 a.m.-2 p.m.	\$9/\$10
<i>Enjoy a lazy river along Colorado mountain themed swim center. Admission to pool and lunch cost is separate.</i>							
11/2	Thur	4401.303	Shop Around Town (Craft)	Denver Area	2	9 a.m.-4 p.m.	\$7/\$8
<i>Look for bargains at local craft stores. Lunch cost is separate.</i>							
11/10	Fri	4501.325	Winter Gift Market at Denver Botanical Garden	Denver	3	9 a.m.-2 p.m.	\$7/\$8
<i>Peruse creative crafts and holiday gifts. Admission to gardens is included, lunch cost separate.</i>							
11/14	Tue	4501.302	Indian Springs Hot Springs	Idaho Springs	3	8:30 a.m.-3 p.m.	\$10/\$11
<i>Relax at the natural hot springs. Admission is in addition to trip fee. Lunch cost separate.</i>							
11/15	Wed	4501.326	Shop & Dine at Stanley Marketplace	Aurora	3	10 a.m. – 2 p.m.	\$7/\$8
<i>Visit 50+ locally-owned shops and eateries. Lunch cost is separate.</i>							
11/17	Fri	4501.327	Diners, Drive-in & Dives	Boulder	1	10:30 a.m.-2 p.m.	\$7/\$8
<i>Enjoy grass-fed beef burgers at The Sink, open since the 1920s.</i>							
11/20	Mon	4501.306	Dinner Out “Cheddar’s Scratch Kitchen”	Northglenn	1	4:30-8p.m.	\$7/\$8
<i>Enjoy American comfort food with a Texas twist. Dinner cost separate.</i>							

**DECEMBER**

12/6	Wed	4501.311	Gambling “Isle of Capri”	Black Hawk	2	9 a.m. – 3 p.m.	\$7/\$8
<i>Bring your spending money for Black Hawk! Lunch cost separate.</i>							
12/7	Thur	4401.304	Shop Around Town (Outlet)	Denver Area	2	9 a.m.-4 p.m.	\$7/\$8
<i>Hunt for bargains at local outlet stores. Lunch cost separate.</i>							
12/8	Fri	4501.328	International Cuisine “Cuba Cuba Sandwiches”	Denver	1	10:45 a.m. – 2 p.m.	\$7/\$8
<i>Enjoy classic Caribbean food. Lunch cost separate.</i>							
12/14	Thur	4501.329	Denver Art Museum	Denver	2	9 a.m.-2 p.m.	\$18/\$19
<i>Includes entrance to museum. Lunch costs on own</i>							
12/15	Fri	4501.330	Maria Empanada	Denver	1	10:30 a.m.-3 p.m.	\$7/\$8
<i>The Argentinian joint stuffing the best beef empanadas and a veggie tarta specialty. Lunch cost separate.</i>							
12/16	Sat	4501.331	Denver Performing Arts “A Christmas Carol”	Denver	2	12:15 p.m. – 5 p.m.	\$55/\$56
<b>Register by September 15 for this holiday classic. Note, no meal stop on this trip.</b>							
12/18	Mon	4501.307	Dinner Out “Dion’s”	Commerce City	1	4:30 –8 p.m.	\$7/\$8
<i>Enjoy specialty pies, subs and salads at this NEW Commerce City restaurant. Dinner cost separate.</i>							
12/20	Wed	4501.334	Holiday Light Tour	Denver Metro Area	2	4-10 p.m..	\$7/\$8
<i>View the area’s best decorated homes for the holidays. Dinner cost separate.</i>							
12/27	Wed	4501.333	Breakfast Out “Mr. Egg”	Denver	1	8-11 a.m.	\$7/\$8
<i>Enjoy a hearty breakfast with friends. Breakfast cost separate.</i>							

**DINING GUIDE**

Some trips may require additional costs for meals in addition to trip fees. Meal costs will fall in these ranges: breakfast, \$8-12; lunch, \$10-15; dinner, \$12-25. See individual trip descriptions for details.



## Hunter Education

Learn firearm safety, shooting fundamentals, wildlife laws and hunter responsibility from a certified instructor from the Colorado Parks and Wildlife (CPW) Hunter Safety Program. After passing a final exam in-class, participants head to the CPW shooting range at 6060 Broadway in Denver where they will complete live-fire practice before receiving a valid hunter education card. Students will have to make arrangements for transportation to the shooting range.

Ages 8 and older

Sat 10/7  
8001.301 \$10

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

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

Sun 10/14  
8002.302 \$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 more 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 9/9-10/14 12:15-1 p.m.  
8201.301 \$32/\$37

Sat\* 11/4-12/16 12:15-1 p.m.  
8202.301 \$32/\$37

\*No class 11/25

## Guitar Heroes Level 1

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 9/9-10/14 10:15-11 a.m.  
8211.301 \$32/\$37

Sat\* 11/4-12/16 10:15-11 a.m.  
8212.301 \$32/\$37

\*No class 11/25

## Guitar Heroes Level 2

This class expands on the basics learned in the level 1, but allow the teacher to further the instruction and the class will learn more advanced strumming techniques and chording. Instructor may move students between levels. Ages 8-15

Sat 9/9-10/14 11:15 a.m.-Noon  
8221.301 \$32/\$37

Sat\* 11/4-12/16 11:15 a.m.-Noon  
8222.301 \$32/\$37

\*No class 11/25

## MEET MIKE OLIVIERI, SQUARE DANCE INSTRUCTOR

Mike has taught square dancing conventions from Colorado to California and teaches at many clubs in the area. Mike's motto is "if you can walk and shake hands, you can square dance!"



## Square Dancing Lessons

Make a circle of new friends, get fit, and have fun in the new square dancing class, led by a professional square dance caller! Lessons will follow a slower pace and music than other clubs. This program is for all abilities and no partner is needed. Please join us whether you have never danced, have danced in the past but it has been a long time, or you are an experienced dancer! Ages 18 and older

Thursdays: 10/5, 10/12, 10/19, 10/26  
1:30-2:30 p.m. \$5 drop-in



# FALL YOUTH SPORTS LEAGUES

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:** 8/23

**Start date:** Week of 8/26

**Grades 3-5:** \$50/\$60

**Grades 6-8:** \$50/\$60

## Youth Lacrosse

Get in the action. 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:** 8/16

Ages	Start date	Fee
6-8	Week of 8/21	\$50/\$60
8-10	Week of 8/21	\$50/\$60
10-12	Week of 8/21	\$50/\$60
12-14	Week of 8/21	\$50/\$60



## Registration Information

The parks and recreation department forms teams based on school boundaries; parents please be sure to register your child for the 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.

## 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.

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

**303-289-3757 OR VISIT  
TEAMSIDELINE.COM/COMMERCECITY**

To register, call 303-289-3789 • [c3gov.com/register](http://c3gov.com/register)



# REGISTER FOR FLAG FOOTBALL

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. Games are held at Dick's Sporting Goods Park.

**Registration Deadline:** 8/23

**Start date:** Week of 8/28

\$45/\$54

## 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. Games are held at Dick's Sporting Goods Park.

**Registration Deadline:** 8/23

**Start date:** Week of 8/28

\$50/\$60



## 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.

## COMMERCE CITY YOUTH SPORTS

*DEVELOP TEAMWORK  
LEARN SPORTSMANSHIP  
BUILD FRIENDSHIPS  
GET ACTIVE!*

### Commerce City's 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.*







# LOCAL 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 and Recreation.

### Commerce City Youth Athletics (CCYA)

This local nonprofit organization augments the city’s services, providing sports experiences to all interested youth with low-cost registration fees for tackle football, basketball, girls’ softball and cheerleading. CCYA’s mission is to teach children the importance of commitment, discipline and teamwork. Programs are designed to promote physical and mental health, as well as create pride in the community. For more information, visit [www.leaguelineup.com/ccyaraiders](http://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: Kathy Eggleston, 303-419-2584

### 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: Chuck Ingram, 303-286-7669

### 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](mailto: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: [Luis1018@icloud.com](mailto:Luis1018@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.thunderhawksfootball.com](http://www.thunderhawksfootball.com)

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

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

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

Ages 7-14  
For more information visit: [www.brightonyouthbaseball.com](http://www.brightonyouthbaseball.com) or Contact Gordon Lancaster at 720-273-7933.



Look for youth basketball sign-ups starting in December.



# GET IN THE GAME 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. 8  
Wednesday Night COED D-Rec League starts on Aug. 9  
Thursday Night Men's Industrial league starts on Aug. 10  
10-game season. \$470/\$500

## Private Racquetball Lessons

Get one-on-one instruction in racquetball to improve technique and power. Call 303-289-3763 to schedule a private lesson with instructor Matt Mares.

1 Lesson • \$27/\$30      3 Lessons • \$60/\$64

## Batting cages

Fine-tune your swing. Ideal for team and individual practice, tournaments, birthday parties, etc. For more information, call the batting cages office at 303-287-4905 or call 303-289-3763 during the hours listed below.

**Pioneer Park, 5902 Holly St. (E. 60th Ave. and Holly)**  
• Seven cages, each with dual machines and lights  
• Slow-pitch softball and various speeds for baseball

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

Summer hours, 5/27-8/6  
Mon-Fri, 3-8:30 p.m. • Sat-Sun, Noon-8 p.m.

Fall hours, 8/7-10/8  
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.

## 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.

### Fairfax Park, 6850 Fairfax St.

Three multipurpose 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, 5902 Holly St.

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

### River Run Park, 11515 Oswego St.

Two multipurpose football/soccer fields (Practice fields).

### Turnberry Park, 10725 Wheeling St.

Three multipurpose football/soccer fields (Practice fields).

### Villages East Park, 11698 Chambers Rd.

One multipurpose baseball/softball field (Practice field).

## Tennis Courts

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

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

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



# COMMERCE CITY INDOOR POOL INFORMATION



## For your safety, please prepare to observe the following safety guidelines and pool policies during your visit:

- 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 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 9-foot 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.

### Open Swim

Open to all ages. The slide is available upon request.

### Lap and Adult Swim, ages 16 and older

Lane lines are reserved for lap swimming only. Water walking, free swim, and other activities are available on the open side of the pool. Lane sharing is required during high use times. Please refer to the diagram below for lane sharing instructions.

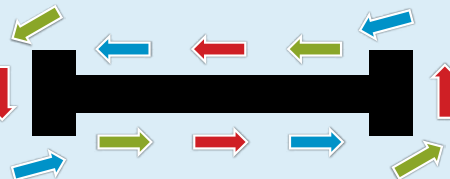
ACTIVITY	MON	TUE	WED	THURS	FRI	SAT	SUN
ADULT SWIM	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	8 a.m.- 1:30 p.m.	8 a.m.- 11:30 a.m.
OPEN SWIM	1:30-4:30 p.m. 7:30-9 p.m.	1:30-4:30 p.m. 7:30-9 p.m.	1:30-4:30 p.m. 7:30-9 p.m.	1:30-4:30 p.m. 7:30-9 p.m.	1:30- 9:30 p.m.	1:30-5 p.m.	11:30 a.m.- 5 p.m.
LAP SWIM*	5:30 a.m.- 1:30 p.m. 4:30- 7:30 p.m.*	5:30 a.m.- 1:30 p.m. 4:30- 7:30 p.m.*	5:30 a.m.- 1:30 p.m. 5:30- 7:30 p.m.*	5:30 a.m.- 1:30 p.m. 4:30- 7:30 p.m.*	5:30 a.m.- 1:30 p.m.	8 a.m. 1:30 p.m.	8 a.m. 11:30 a.m.

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

If the lane is shared by two swimmers, each swimmer chooses a side of the lane.



If the lane is shared by three swimmers, all follow one another while swimming up one side of the lane.



\*Limited lane availability due to other programs.

### POOL ACCESSIBILITY

Access the the swimming pool includes zero-depth stairs and an accessible ramp, both equipped with hand rails, and a wheelchair accessible 400 lb. capacity Gallatin Power Hydrolift.



# SPECIALTY SWIM CLASSES



## Private and Semi-private Swim Lessons

Excel in swimming with one-on-one instruction. Private lesson sessions are 5 weeks in length with a max of 2 lessons per week. Days and times are arranged between instructor and participant. Participants of all ability levels, ages 3 and up, are welcome. To arrange lessons, call 303-289-3781.

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

## Water Fitness Classes

Ages: 16 and older for all classes

Cost: \$3/\$5 drop in with Recreation Play Pass

Free for SilverSneakers® members and monthly pass holders



ACTIVITY	Time	Low Impact	Low Intensity	Medium Impact	Medium Intensity	High Impact	High Intensity
Liquid Silver	Tue/Thur 9:30-10:30 a.m.	X	X				
Fluid Motion	Mon/Wed/Fri 8-9 a.m.		X	X			
Ebb & Flow	Mon/Wed 5:30-6:30 p.m.			X	X		
Hydro Power	Tue/Thur 6-7 p.m.					X	X
Aqua Zumba	Mon 6:30-7:30 p.m.	X			X		

## 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/Rentals

Make a splash at your next birthday party. 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



**ONLINE REGISTRATION OPENS FOR RESIDENTS A DAY EARLIER THAN WALK-IN AND PHONE REGISTRATIONS. AVAILABLE CLASS SPACE CANNOT BE GUARANTEED.**

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

### Online Registration: Opens at 9:30 a.m.

- Residents only:
  - Session 1:
    - › Monday, September 11
  - Session 2
    - › Monday, October 23
- Non-Residents:
  - Session 1:
    - › Tuesday, September 12
  - Session 2
    - › Tuesday, October 24

### Walk-in & Phone Registration: Opens at 9:30 a.m.

- Residents & Non-Residents:
  - Session 1:
    - › Tuesday, September 12
  - Session 2
    - › Tuesday, October 24

### Registration sessions close at 5:30 p.m. on the following dates:

- Session 1:
  - › Wednesday, September 13
- Session 2
  - › Friday, October 27

### How to set up an online account:

**Important!** – Online registration accounts must be set up at least 48 hours in advance, weekends excluded, and children or other family members can only be added to your account by a recreation staff member.

- To set up an online registration account, visit <https://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.
- 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.





# GROUP LESSONS

Ages 3-12 years old



## WHAT ARE THE 6 PROGRAM LEVELS?

Level 1 Water Adjustment	Level 2 Fundamentals	Level 3 Independent Swim	Level 4 Stroke Techniques	Level 5 Stroke Mechanics	Level 6 Swim Team Prep
is appropriate if your child:	is appropriate if your child:	is appropriate if your child:	is appropriate if your child:	is appropriate if your child:	is appropriate if your child:
<ul style="list-style-type: none"> <li>• Has a fear of the water</li> <li>• Will not put their face in the water</li> <li>• Can hold on to the side of the pool independently</li> </ul>	<ul style="list-style-type: none"> <li>• Will put their face in the water</li> <li>• Can perform a supported float without apprehension</li> <li>• Will explore the water freely without fear</li> </ul>	<ul style="list-style-type: none"> <li>• Can perform a front and back float independently</li> <li>• Will jump into 3-4 feet of water without assistance</li> <li>• Can swim 10 yards of elementary backstroke</li> </ul>	<ul style="list-style-type: none"> <li>• Can swim half the pool length without stopping</li> <li>• Is efficient in side breathing technique</li> <li>• Can jump into 9 feet of water without assistance</li> </ul>	<ul style="list-style-type: none"> <li>• Can efficiently swim 1 pool length without stopping</li> <li>• Can tread water continuously for at least 3 minutes</li> <li>• Has been introduced to all kicking and stroke styles</li> </ul>	<ul style="list-style-type: none"> <li>• Can swim a minimum of 2 laps without stopping</li> <li>• Is efficient in all competition strokes (front crawl, backstroke, butterfly, and breast stroke)</li> </ul>
~ Designed for children who are new to, or slightly afraid of, the water.	~ Teaches independent floating, basic stroke techniques and water safety.	~ Combines breathing, stroke technique and distance swimming.	~ Builds endurance and improves stroke techniques.	~ Refines strokes in preparation for competitive swimming.	~ Focuses on endurance and competitive swimming skills.

### 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.

#### Water Babies: Ages 6-17 months

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

#### Parent-tot: Ages 18 months to 2 years old

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

#### Adult Lessons: ages 16 and over

Group lessons suitable for all skill levels. Sign up to learn how to swim, build endurance, or learn new skills to enhance your stroke.

#### Young Adult Lessons: Ages 13-15

This class is for young adults with minimal or no swimming ability. It focuses on teaching fundamental skills as well as minimum requirements to pass a lifeguard training pre-test. (Minimum age requirements for employment as a lifeguard is 16 years of age).

See pages 29-30 for lesson fees and schedule.



# GROUP LESSONS

Ages 3-12 years old



## Swimming Lesson Fees

	Mon/Wed & Tue/Thur Session		Saturday Session	
	Resident	Nonresident	Resident	Nonresident
25 min classes	\$20	\$28	\$10	\$14
45 min classes	\$25	\$33	\$12.50	\$16.50
Swim Team Prep	\$30	\$38	\$15	\$19

## MONDAY/WEDNESDAY EVENING SWIMMING LESSONS

Level	Class time	Session 1 9/18-10/18	Session 2 11/6-12/6
Water Adjustment/Level 1 ages 3-5	4:30-4:55 p.m.	6101.305	6102.305
	6-6:25 p.m.	6101.306	6102.306
Fundamentals/Level 2 ages 3-5	5-5:25 p.m.	6201.305	6202.305
	6:30-6:55 p.m.	6201.306	6202.306
Fundamentals/Level 2 ages 6-12	4:30-5:15 p.m.	6211.306	6212.306
	5:30-6:15 p.m.	6211.307	6212.307
	6:30-7:15 p.m.	6211.308	6212.308
Independent Swim/Level 3 ages 3-5	5:30-5:55 p.m.	6301.305	6302.305
	7-7:25 p.m.	6301.306	6302.306
Independent Swim/Level 3 ages 6-12	4:30-5:15 p.m.	6311.306	6312.306
	5:30-6:15 p.m.	6311.307	6312.307
	6:30-7:15 p.m.	6311.308	6312.308
Stroke Techniques/Level 4 ages 6-12	4:30-5:15 p.m.	6401.303	6402.303
Stroke Mechanics/Level 5 ages 6-12	5:30-6:15 p.m.	6501.303	6502.303
Swim Team Prep/Level 6 ages 8-17	6:30-7:30 p.m.	6811.302	6812.302

## TUESDAY/THURSDAY EVENING SWIMMING LESSONS

Level	Class time	Session 1 9/19-10/19	Session 2 11/7-12/7
Water Adjustment/Level 1 ages 3-5	4:30-4:55 p.m.	6101.301	6102.301
	6-6:25 p.m.	6101.302	6102.302
Fundamentals/Level 2 ages 3-5	5-5:25 p.m.	6201.301	6202.301
	6:30-6:55 p.m.	6201.302	6202.302
Fundamentals/Level 2 ages 6-12	4:30-5:15 p.m.	6211.301	6212.301
	5:30-6:15 p.m.	6211.302	6212.302
	6:30-7:15 p.m.	6211.303	6212.303
Independent Swim/Level 3 ages 3-5	5:30-5:55 p.m.	6301.301	6302.301
	7-7:25 p.m.	6301.302	6302.302
Independent Swim/Level 3 ages 6-12	4:30-5:15 p.m.	6311.301	6312.301
	5:30-6:15 p.m.	6311.302	6312.302
	6:30-7:15 p.m.	6311.303	6312.303
Stroke Techniques/Level 4 ages 6-12	4:30-5:15 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/Level 6 ages 13-15	6:30-7:30 p.m.	6611.301	6612.301



# GROUP LESSONS

Ages 3-12 years old



## SATURDAY MORNING SWIMMING LESSONS

Level	Class time	Session 1 9/23-10/21	Session 2* 11/11-12/9
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.	6101.303	6102.303
	10:30-10:55 a.m.	6101.304	6102.304
Fundamentals/Level 2 ages 3-5	9:30-9:55 a.m.	6201.303	6202.303
	11-11:25 a.m.	6201.304	6202.304
Fundamentals/Level 2 ages 6-12	10-10:45 a.m.	6211.304	6212.304
	11-11:45 a.m.	6211.305	6212.305
Independent Swim/Level 3 ages 3-5	10-10:25 a.m.	6301.303	6302.303
	11:30-11:55 a.m.	6301.304	6302.304
Independent Swim/Level 3 ages 6-12	10-10:45 a.m.	6311.304	6312.304
	11-11:45 a.m.	6311.305	6312.305
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.-Noon	6811.301	6812.301
Adult/ages 16 & up	9-9:45 a.m.	6601.301	6602.301

\*No class 11/11.







# POWER UP WITH PRESCHOOL PROGRAMS



## Kids Korner, ages 4-5

Spend the month developing knowledge and skills through theme-based activities, games, arts and crafts, music, movement, dramatic play and storytelling. Pick one, several, or all months!

Mondays/Wednesdays, 9:30 a.m.-Noon

9/6 – 9/27	Who Am I?	\$70/\$84	7101.301
10/2 – 10/30	Fall Fest	\$90/\$108	7102.301
11/1 – 11/29*	Around the World	\$80/\$96	7103.301
12/4 – 12/20	Winter Wonderland	\$60/\$72	7104.301

\*No class 11/22

## Lunch Bunch, ages 3-5

An interactive and fun class for your child to enjoy with their friends. Please bring a sack lunch.

\$10/\$12 per class

We Like to Move It, Move It!		Sounds of Music	
Tuesdays, 11:30 a.m.-1 p.m.		Wednesdays, Noon-1 p.m.	
9/12	7301.301	9/13	7301.302
9/19	7301.303	9/20	7301.304
9/26	7301.305	9/27	7301.306
10/3	7302.301	10/4	7302.302
10/10	7302.303	10/11	7302.304
10/17	7302.305	10/18	7302.306
10/24	7302.307	10/25	7302.308
10/31	7302.301	11/1	7303.301
11/7	7303.302	11/8	7303.303
11/14	7303.304	11/15	7303.305
11/28	7303.306	11/29	7303.301
12/5	7304.301	12/6	7304.302
12/12	7304.303	12/13	7304.304
12/19	7304.305	12/20	7304.306

## Preschool Playhouse, ages 3-5

A whole new set of exciting themes and activities each week! This program is designed to develop young children's skills through crafts, activities, games, and social interactions. Sign up for one, several, or all weeks of classes!

Tuesdays/Thursdays, 9:30-11:30 a.m. \$20/\$25 per session

9/12, 9/14	All About Me	7201.301
9/19, 9/21	Camping	7201.302
9/26, 9/28	Where the Wild Things Are	7201.303
10/3, 10/5	Back to Nature	7301.301
10/10, 10/12	Wild West	7301.302
10/17, 10/19	Creation Station	7301.303
10/24, 10/26	Pumpkin Patch	7301.304
10/31, 11/2	Superheroes	7301.305
11/7, 11/9	Military Heroes	7401.301
11/14, 11/16	Construction Zone	7401.302
11/28, 11/30	Go Noodle	7401.303
12/5, 12/7	Let It Snow	7501.301
12/12, 12/14	Holiday Gift Creations	7501.302
12/19, 12/21	Toyland	7501.303

## Friends of the Community, ages 3-5

Every month, we have a special guest from the community come in providing us with an exciting and unique experience!

Fridays, 9:30-11 a.m. \$10/\$12

9/8	Fish in the Sea with Environmental Learning for Kids	7401.301
10/6	Fun on the Farm with Urban Farms	7402.301
11/3	Soar Like an Eagle with Barr Lake State Park	7403.301
12/1	Explore with the Rocky Mountain Arsenal	7404.301



# MAKE NEW FRIENDS THIS FALL



## Bike Repair

Stop by the bike repair area at the Neighborhood Outreach at Pioneer Park for a quick bike tune-up. Need a helmet? We are giving them away! No need to register, just stop by! Ages 9-17 and siblings

Thur 8/10 6-8 p.m. FREE

## Horse Trek

Here's your chance to go horseback riding! Learn about horse safety, care, grooming, and responsibilities and enjoy horse-themed games and crafts. Take a trail ride on the last session.

Saturdays 9/16-10/7 9 a.m. – 2 p.m. Ages 9 -14  
7801.301 \$45/\$60

## Boxing



Boxing is fun, builds self-confidence and teaches self-discipline. 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.

Thur 4:30-7 p.m. FREE Ages 11-18

Date	Commerce City	Reunion
8/3-8/17	7904.202	7904.203
9/7-9/28	7901.302	7901.303
10/5-10/26	7902.302	7902.303
11/2-11/30	7903.302	7903.303
12/7-12/21	7904.302	7904.303

\*No class 11/23

## Who's Cookin'

Are you a top chef? Learn new recipes and tips for helping out in the kitchen. Develop hands-on cooking skills and techniques within a safe learning environment.

Saturdays 11/4-11/18 11 a.m. – 1 p.m. Ages 11-17  
7801.304 \$60/\$75

## Winter Break Activities

Have a blast during winter break with these fun-filled trips and activities!

Ages 6 -10 \$30/\$35

12/27*	9 a.m.-2 p.m.	Apex Indoor Water Park	7501.301
12/28	1-4 p.m.	Fat Cats	7501.302
1/3	9 a.m.-Noon	Denver Museum of Nature & Science + IMAX	7501.303
1/4*	11:30 a.m.-4 p.m.	Lego Mania + Swimming	7501.304

\*Please bring a sack lunch and water bottle with you on these days

## Teen Nights Around Town

Join us for a party in a park near you! Enjoy an outdoor extravaganza with music, inflatables, games, sports, and food.

Ages 11-17 Wednesdays 5-7:30 p.m. FREE

8/16	Rose Hill Grange Park
8/23	Turnberry Park
9/6	Fronterra Park
9/20	Veterans Memorial Park

## Cops vs. Kids Tournaments



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

Check in at 4 p.m. Grades 9-12 FREE

9/15	Kickball	River Run
11/17	Dodgeball	TBD

## Middle School Madness



Every second Saturday of the month come to the Commerce City Recreation Center for video games, pool, sports, music and dancing for fun with friends!

Grades 6-8

7-10 p.m. 9/9, 11/11, 12/9 \$2 per person

## Creepy Hollows Fright Night

It's the Saturday before Halloween and it's time to get your scare on! Dance to the DJ, pose at the photo booth and wander through the haunted maze if you dare. Dress up for the costume contest for your chance to win some wicked prizes.

Sat 10/28 7-10 p.m. FREE  
Grades 6-12



## Game Room Drop-in

Open for drop-in activities including billiards, Xergame wall, XBOX One, Nintendo Wii U, crafts and board games.

### Ages 11-17

Tue-Fri 5:30-8:30 p.m. FREE  
Begins 9/5

### Ages 11-Adult

Sat Noon-5pm FREE  
Begins 9/5

## Adams County Mayors and Commissioners Youth Awards (ACMCYA)

ACMCYA is an award that recognizes teenagers between the ages of 13 and 20 who have overcome personal adversity, created positive changes in their environments, or who have contributed in their own way towards making their lives or communities a better place in which to live. The ACMCYA is a tiered program that recognizes nominees at a local and county level. If you know young people who would be good candidates for ACMCYA please call 303.289.3674 for more information. Nomination forms available mid October 2017 at [www.c3gov.com](http://www.c3gov.com)

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

YAC members are youth 11-18 who want to have fun and positively impact the community. As a YAC member, you have the chance to work with city leaders, participate in volunteer projects, speak your mind about issues, plan and implement activities and provide leadership for your community. You also participate in team building and leadership programs, and make lots of new friends.

### Would you like to be a new YAC member?

We would love to have you join us for the upcoming year. Pick up an application at the Recreation Center, 6060 E. Parkway Dr., download one from our Web site at [www.c3gov.com/epic](http://www.c3gov.com/epic), or call us at 303-289-3674.



[facebook.com/epicprograms](https://facebook.com/epicprograms)





# EXPLORE A PARK OR TRAIL NEAR YOU



## CITY OFFERS MORE THAN 25 MILES OF OUTDOOR TRAILS

Commerce City has over 25 miles of trails, some that link to the larger regional trail systems like the Sand Creek Regional Greenway. Visit [c3gov.com/parks](http://c3gov.com/parks) to view or download a copy of the interactive parks, trails and open space map.

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



# 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](http://BuffaloRunGolfCourse.com) for more information.

## Picnic Shelter Rentals *(available March through October)*

Commerce City is home to 19 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:

<b>Fairfax Park</b> 3 shelters	<b>Pioneer Park</b> 4 shelters	<b>Stampede Park</b> 1 shelter
<b>Freedom Park</b> 1 shelter	<b>Prairie Gateway Open Space</b> 1 shelter	<b>Veterans Memorial Park</b> 1 shelter
<b>Fronterra Park</b> 1 shelter	<b>River Run Park</b> 2 shelters	<b>Villages East Park</b> 1 shelter
<b>Monaco Park</b> 2 shelters	<b>Turnberry Park</b> 1 shelter	

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

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

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

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

## Athletic Facility Rentals

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

### Fairfax Park

6850 Fairfax St.  
*Three multi-purpose baseball/softball fields (Game or practice fields)*

### Fronterra Park

10020 Joplin St.  
*Three multipurpose football/soccer fields (Practice fields)*

### Monaco Park

5790 Monaco St.  
*Two outdoor and volleyball sand courts with lights*

### Municipal Services Center

8602 Rosemary St.  
*Two multi-purpose football/soccer fields (Game fields)*

### Pioneer Park

5950 Holly St.  
*Four multi-purpose baseball/softball fields with lights (Game fields, with limited practices)*

### River Run Park

11515 Oswego St.  
*Two multipurpose Football/Soccer Fields (Practice fields)*

### Turnberry Park

10725 Wheeling St.  
*Three multipurpose Football/Soccer Fields (Practice fields)*

### Villages East Park

11698 Chambers Rd.  
*One multipurpose Baseball/Softball Field (Practice field)*



# CITY COUNCIL TOPS OFF NEW RECREATION CENTER

Commerce City celebrated the topping off of the final piece of steel in the community wing of the new recreation center at Second Creek over the summer. This ceremony served as a symbol for this city's dedication to unify its residents and fulfill its promise of finishing the voter-approved capital improvement program.

Since starting construction last year, more than 250 football fields of dirt have been moved, there have been more than 19 miles of conduit installed, and nearly 13 million pounds of concrete have been poured. More than 315 individuals are employed through the project with many more in the future. The project is expected to complete in spring 2018.

The 108,000-square-foot new facility will feature an indoor pool, gymnasium with walking/jogging track, weights/fitness area, dance/aerobics studio, site infrastructure and much more. Located at E. 112th Avenue and Potomac Street, the new recreation center building will be sited toward Highway 2 and oriented with a south-facing entrance. The closures of E. 112th Avenue and Potomac Street will remain throughout the project duration for construction work. Crews continue to widen Highway 2 from E. 112th Avenue to I-76. The total project budget is \$45.2 million for the building and \$15.7 million for site and road infrastructure. View more information and the time-lapse construction video at [c3gov.com/secondcreek](http://c3gov.com/secondcreek).



*City council members celebrate the final piece of steel being installed at the new recreation center.*



*Most of the exterior walls are now in place at the new recreation center.*

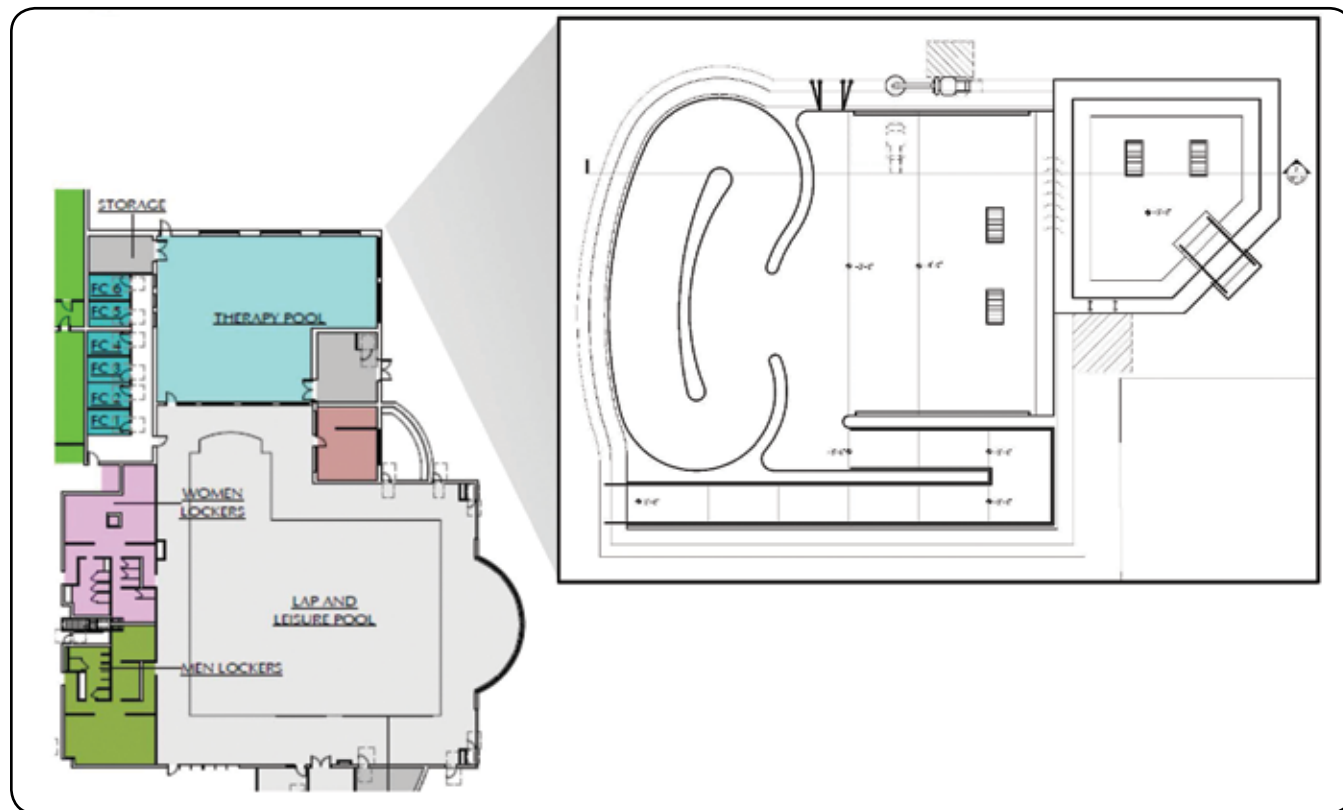
# EXISTING RECREATION CENTER DESIGNS RELEASED



Proposed plans for renovations to the existing recreation center at 6060 E. Parkway Dr. have been unveiled. An approximately 6,000-square-foot addition includes a new therapy pool, family locker rooms and an expanded fitness area. Existing spaces will be reconfigured to improve dance and fitness facilities, relocate the steam room, add a technology lab, improve public restrooms and add new community spaces. A new building entrance will improve security and provide a sense of place. Construction is expected to begin early next year and be complete by the end of 2018.

The indoor therapy pool will be approximately 1,500 square feet and feature a current channel, underwater benches, underwater stability railings, hydrotherapy jets and an (ADA) accessible ramp. One corner of the pool will have a raised, spa-like feature that creates a waterfall into the main therapy pool area. A stair system will be provided for access into this area. The water temperature will be kept between 91 and 94 degrees, which is noticeably warmer than a regular swimming pool.

**Learn about these and other capital improvement projects at [c3gov.com/QCL](http://c3gov.com/QCL) or 303-C3-WORKS (303-239-6757).**



## 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. 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](http://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 29, 2017.





# 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](http://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 is closed 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.) The trail is tentatively planned to reopen by the the end of the year. For more information about RTD's North Metro Rail Line visit [www.rtd-fastracks.com/nm\\_2](http://www.rtd-fastracks.com/nm_2).**



### Commerce City Bike and Pedestrian Map

Visit [www.c3gov.com/parks](http://www.c3gov.com/parks) and download a copy of the 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](http://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.





# FALL BRINGS LOWER RATES TO BUFFALO RUN



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](http://BuffaloRunGolfCourse.com)
- In person at 15700 E. 112th Ave.

Sign up online at [www.BuffaloRunGolfCourse.com](http://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).*

## 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

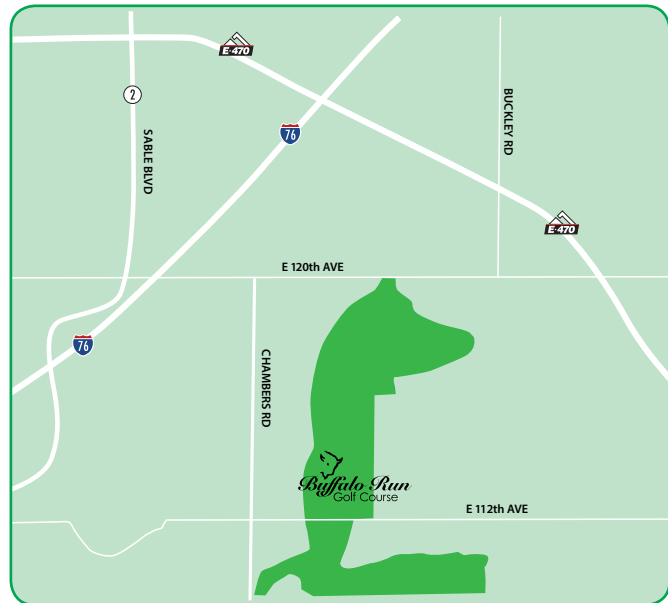
*\*Weather permitting.*

## Shoulder Season

October 1-November 1, 2017

	9 Hole	18 Hole
<b>Resident</b>		
Mon-Thur	\$18	\$30
Fri-Sun	\$22	\$34
<b>Non-resident</b>		
Mon-Thur	\$25	\$35
Fri-Sun	\$27	\$39
<b>Senior Resident (62 and older)</b>		
Tue-Thur (excludes holidays)	\$14	\$25
<b>Senior Nonresident (62 and older)</b>		
Tue-Thur (excludes holidays)	\$15	\$27
<b>Senior Appreciation Day</b> (all day Monday; holidays excluded)	\$10	\$20
<b>Junior (17 and younger)</b>		
Mon-Thur	\$7	\$13
Fri-Sun (after 2 p.m.)		
<b>Twilight Rates</b>		
Mon-Thur	\$18	\$30
Fri-Sun & Holidays	\$20	\$35
Super Twilight - 7 days a week	\$10	\$20
<b>Other Rates</b>	<b>9 Hole</b>	<b>18 Hole</b>
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.*





# SWING INTO FALL



## 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 8/19 5 p.m.  
Sat 9/30 4 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/BuffaloRunGolf](http://www.facebook.com/BuffaloRunGolf)



## 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.BuffaloRunGolfCourse.com](http://www.BuffaloRunGolfCourse.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.

