



COMMERCE CITY  
PARKS AND RECREATION GUIDE

# Winter/Spring 2017

Registration opens Dec. 5

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



# Make Holiday Memories



**ART SHOW & TREE LIGHTING** – Join the countdown and watch the festive tree lighting at the civic center. View the art show sponsored by the Commerce City Cultural Council, enjoy warm refreshments and snacks, sing along with professional carolers, and mingle with elected officials and staff.

Mon 12/5 4:30-6:30 p.m. FREE Civic Center

**18TH ANNUAL WINTERFEST IN COMMERCE CITY** – Celebrate the holiday season at Winterfest and enjoy a pajamas and pancake party with Santa. Other fun activities include: photos with Santa, storytelling with the Sugar Plum Fairy, holiday crafts, hot chocolate and cider, holiday tree, and children's pajama parade. Santa will arrive by special delivery on a fire truck! Sponsored by Adams 14 Education Foundation, Adams City High School, Commerce City Business and Professional Association, City of Commerce City, and South Adams County Fire District.

Sat 12/3 9:30 a.m. – Noon FREE  
Adams City High School, 7200 Quebec Pkwy.

**MINGLE WITH KRINGLE AT BUFFALO RUN** – Santa Claus is coming to Buffalo Run! Bring your camera and take a photo with Santa. Little ones will also enjoy holiday crafts. Feast on light refreshments provided by the Bison Grill and relax next to the stone fireplace. See page 40 for directions to the golf course.

Sat 12/10 1-4 p.m. (Santa on break from 2-2:30 p.m.) FREE Buffalo Run Golf Course

**“ENCHANTED FOREST” DADDY DAUGHTER DANCE** – Get lost in the “Enchanted Forest” at the annual Daddy Daughter Dance, for a magical night of dancing, games and prizes. Uncles and nieces, grandfathers and granddaughters are also welcome. Register before Wednesday, Feb. 1 to receive the early bird discount. Ages 4-17

Fri 2/3 6-9 p.m. Commerce City Recreation  
7001.104 \$10/\$12 per person (Fees increase to \$13/\$15 per person on 2/1)





## How can I get to the Recreation Center?

RTD bus routes 48 and 88 stop at the recreation center; check [rtd-denver.com](http://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

## FACILITY CLOSURES

Dec. 24 at 1 p.m.  
Dec. 25  
Dec. 31 at 1 p.m.  
Jan. 1, 2017  
March 12, 2017  
April 16, 2017

## IMPORTANT NUMBERS

Class/Event Registration  
303-289-3789  
Athletic Weather Hotline  
303-289-3757  
Senior Courtesy Desk  
303-289-3756  
Buffalo Run Golf Course  
303-289-1500

## DEPARTMENT STAFF

Carolyn J. Keith,  
*CPRP, Director*  
Karen A. O'Donnell,  
*CPRE, CTRS, Recreation Manager*  
Mike Brown,  
*Park Planning and Operations Manager*  
Paul Hebinck,  
*PGA, Golf Manager*  
Lori Rodcay,  
*Executive Administrative Support*

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## How To Read This Guide

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

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

DAY	DATE	TIME	FEE FOR
Mon	12/5	8-9 a.m.	RESIDENT/NONRESIDENT
REGISTRATION NO.	1234.123	\$7/\$8	

Registration for winter-spring classes opens **December 5**. Participants can register online, in person or by phone. Classes that are new or part of a specific program are identified with the program logo.

## NEW



Denotes a new course or activity offering.

Youth program that provides positive activities as an alternative to crime and violence.



FREE fitness classes and social events for adults ages 62+ who are program members; recreation center members are welcome to participate at no additional cost.



# RECREATION FACILITIES

Passes, punch cards and more!



## Buy your Recreation Play Pass today!

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

## Recreation Center Fees

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

## Daily Admission/Drop-In

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

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

## Resident Rates

	20-visit Card	Monthly Pass	Six-month Pass	Annual Membership
Individual Adult	\$48	\$24	\$108	\$187.50
Individual Child, Age 3-7	\$16	\$8	\$36	\$62.50
Individual Youth, Age 8-17	\$32	\$16	\$72	\$125
Individual Senior, Age 62+				\$12
Household of two				\$250
Household of four*				\$375
*Each additional person	\$25			

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

## Nonresident Rates

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

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

## Corporate Rates

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

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

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

## Residency Qualifications

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

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

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

# REGISTER EARLY FOR WINTER/SPRING CLASSES

Sign up online, in person or by phone



## How to Register

Registration for winter-spring classes and programs begins December 5.

- 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 winter-spring registration, which begins Dec. 5. Internet reservations not available on a cell phone.

## Code of Conduct

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

## Non-Discrimination Policy

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

## Personal Training Policy

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

## Americans with Disabilities Act

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

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

To assist Commerce City Parks, Recreation and Golf in making these accommodations, we urge a timely call prior to your involvement to discuss the necessary accommodations with our staff. Kindly understand that depending on the accommodation requested, significant advance notice may be required. Failure to timely provide notice of accommodation may result in temporary delay of participation and/or registration in our programs or activities. If you have questions regarding the Americans With Disabilities Act, contact Karen O'Donnell at 303-289-3751.

## Personal Release Statement

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

## Photo Policy

- Photography, videotaping, and any use of cell phones is not allowed in locker rooms or restrooms.
- The City of Commerce City uses a variety of promotional material for programs and events. The city reserves the right to use photographs, video recordings and/or images of anyone in any activity, program, park, special event or public place in present and/or future publications.
- Participants may record or photograph

activities that are open for observation, unless doing so interferes with the instructor or other participants, causes a safety concern or infringes upon copyright laws.

- Individuals taping or taking photos must be associated with a registered participant or program. All others wishing to take photos or video must have approval from the city's communications division.
- Commerce City reserves the right to refuse anyone the privilege of taping or photographing events.

## Corporate Discounts

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

## Scholarship Programs

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

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

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

## Donations

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



# TINY DANCERS

Learn the basics and get ready for dance recitals



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

**Register early to take advantage of discounted class fees. Winter/Spring performance classes are followed by a spring recital in May. Registration begins Dec. 5 for Residents, Dec. 7 for Non-residents.**

## Creative Movement

This class introduces children to ballet fundamentals, giving participants an increased body awareness and confidence. Coed participants move to music, using their imagination and energy. Tap and ballet shoes required.

### Non-Performance, Age 3

Mon	1/6-2/27	9-9:30 a.m.
1001.103	by 1/10	\$25/\$35
	on 1/11	\$35/\$45
Mon*	3/13-5/1	9-9:30 a.m.
1002.103	by 3/7	\$25/\$35
	on 3/8	\$35/\$45

*\*No class 3/27*

### Performance, Ages 3-4

Mon*	1/16-recital	5:30-6 p.m.
1001.102	by 1/10	\$60/\$70
	on 1/11	\$70/\$80

*\*No class 3/27*

Tue*	1/17-recital	5:30-6 p.m.
1001.101	by 1/10	\$60/\$70
	on 1/11	\$70/\$80

*\*No class 3/28*

## Ballet & Tap

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

### Non-Performance Beginning, Age 4

Mon	1/16-2/27	9:30-10:15 a.m.
1101.101	by 1/10	\$35/\$45
	on 1/11	\$45/\$55
Mon*	3/13-5/1	9:30-10:15 a.m.
1102.101	by 3/7	\$35/\$45
	on 3/8	\$45/\$55

*\*No class 3/27*

### Performance Beginning, Ages 5-6

Mon*	1/16-recital	6-6:45 p.m.
1101.102	by 1/10	\$68/\$78
	on 1/11	\$78/\$88

*\*No class 3/27*

Tue*	1/17-recital	6-6:45 p.m.
1101.105	by 1/10	\$68/\$78
	on 1/11	\$78/\$88

*\*No class 3/28*

Wed*	1/18-recital	6-6:45 p.m.
1101.103	by 1/10	\$68/\$78
	on 1/11	\$78/\$88

*\*No class 3/29*

### Beginning, Ages 7-8

Tue*	1/17-recital	6:45-7:45 p.m.
1101.104	by 1/10	\$71/\$81
	on 1/11	\$81/\$91

*\*No class 3/28*

### Intermediate, by instructor invitation only

Mon*	1/16-recital	6:45-7:30 p.m.
1121.301	by 1/10	\$68/\$78
	on 1/11	\$78/\$88

*\*No class 3/27*

### Advanced, by instructor invitation only

Mon*	1/16-recital	7:30-8:15 p.m.
1141.101	by 1/10	\$68/\$78
	on 1/11	\$78/\$88

*\*No class 3/27*





### Tap & Jazz, Performance

Jazz up your routine! Dancers in this class will work on more advanced steps and combinations. Participants will explore self-expression while developing self-discipline and confidence. Tap and ballet shoes required. Ages 9-12

Tue*	1/17-recital	7:45-8:45 p.m.
1131.101	by 1/10	\$71/\$81
	on 1/11	\$81/\$91

*\*No class 3/28*

### Poms, Performance

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

Wed*	1/18-recital	7-8 p.m.
1501.101	by 1/10	\$71/\$81
	on 1/11	\$81/\$91

*\*No class 3/29*

### Lyrical Dance, Performance

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

Wed*	1/18-recital	8-9 p.m.
1341.101	by 1/10	\$71/\$81
	on 1/11	\$81/\$91

*\*No class 3/29*

### Hip Hop, Performance

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

#### Beginning, ages 7-10

Thur*	1/19-recital	5:30-6:30 p.m.
1201.101	by 1/10	\$71/\$81
	on 1/11	\$81/\$91

*\*No class 3/30*

#### Intermediate, ages 11-16

Thur*	1/19-recital	6:30-7:30 p.m.
1211.101	by 1/10	\$71/\$81
	on 1/11	\$81/\$91

*\*No class 3/30*

#### Advanced, by instructor invitation only

Thur*	1/19-recital	7:30-8:30 p.m.
1241.101	by 1/10	\$71/\$81
	on 1/11	\$81/\$91

*\*No class 3/30*





## FAMILY FUN

Spring into special events and programs



### 10th Annual Fishing Frenzy Derby

Join Commerce City Parks and Recreation, Bass Pro Shops, and the Rocky Mountain Arsenal National Wildlife Refuge as we celebrate the 10th Annual Fishing Frenzy Derby! Participants have a chance to interact with professional fishermen, learn about the different aspects of fishing, compete in one of the fishing derbies, and win cool prizes. Please bring your own fishing poles and lures if you have them. The derby is held at the Rocky Mountain Arsenal National Wildlife Refuge, 6550 Gateway Rd. Ages 3-15

Sat 4/1 FREE  
Derby 1: 9-10 a.m. 7001.101  
Derby 2: 10:30-11:30 a.m. 7001.102  
Event check-in and late registration opens at 8 a.m. the morning of the event.

### Father and Son Outdoor Adventure

A fun-filled morning of fishing at the beautiful Rocky Mountain Arsenal National Wildlife Refuge. Meet at the recreation center, and catch a ride to Lake Mary, where you can try your luck at catch and release fishing, with all materials provided. You may bring your own gear if you wish. Fishing gear and other nature programs provided by Environmental Learning for Kids (ELK). Individuals over the age of 15 must have a Colorado State fishing license available for purchase at any Walmart location. Ages 4 and older with adult.

Sat 5/6 9 a.m. – Noon  
Meet at the Commerce City Recreation Center  
7001.103 \$10/\$12 per person

### Mom/Son Lego® Mania

Design, build and create amazing structures with thousands of LEGOs® at the Commerce City Recreation Center. Lay the foundation and build a stronger mother and son relationship through LEGOs® and other building materials at this fun event. Ages 4 and up

Fri 4/21 5:30-8 p.m.  
Commerce City Recreation Center  
7001.105 \$10/\$12 per person



### “Enchanted Forest” Daddy Daughter Dance

Get lost in the “Enchanted Forest” at the annual Daddy Daughter Dance. A magical night of dancing, games and prizes. Uncles and nieces, grandfathers and granddaughters are also welcome. Register before Wednesday, Feb. 1 to receive the early bird discount. Ages 4-17

Fri 2/3 6-9 p.m. Recreation Center  
7001.104 \$10/\$12 per person  
(Fees increase to \$13/\$15 per person on 2/1)





# COMMERCE CITY RECREATION CENTER DROP-IN GROUP FITNESS SCHEDULE



Download the current group exercise schedule online at [www.c3gov.com/recreation](http://www.c3gov.com/recreation) or ask for a hard copy at the front desk. To better serve the community, classes may be adjusted periodically through the year. Updates will occur the Friday before the expiration date of the group exercise schedule.

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

*\*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, or monthly membership or 20-punch card.*

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

## 20/20 Fitness

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

## 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.

## Bokwa

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

## Cardio Kick, Core & More

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

## Cycle/Step

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

## Cycling

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

## Fitness Boot Camp

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

## Kickboxing/Strength Express

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

## Power Circuit

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

## Senior Strength

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



## SilverSneakers® Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with low-impact aerobic choreography.



## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.



## SilverSneakers® Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## STRONG

What motivates you to get fit? This class is designed to challenge you each time. All levels are welcome to this class consisting of strength training and weight lifting with a cardio bonus to burn off stubborn fat. Bring a friend and get STRONG!

## 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 (Hatha and Vinyasa)

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

## Zumba®

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

## Zumba Sentao®

What happens when you use a simple chair to add calorie scorching strength moves to an already high energy Zumba class? You get Zumba Sentao®! This fusion class will be half Zumba and half Zumba Sentao.



# STAY MOTIVATED AND INSPIRED WITH PERSONAL TRAINING



## Weight Room Orientation

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

## Fitness Assessments

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

\$25/\$30

## Body Composition

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

## Fitness Consult

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

Call 303-289-3762 to schedule a FREE 30-minute appointment.

## Personal Training

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

### ONE-HOUR TRAINING FOR THE INDIVIDUAL

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

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

### SEMI-PRIVATE SESSION (2 PEOPLE)

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

### NEW YEAR PERSONAL TRAINING SPECIAL

Get fit this new year! Now is the time to act on the motivation to become healthier. Save \$10 when you book a three-session package during the month of January.

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

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

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





# STAY STRONG WITH SPECIALITY FITNESS CLASSES



**All specialty fitness classes require registration and are not included with any membership.**

## Beginner Yoga 101

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

### Session 1

Wed 1/11-1/25 (3 weeks) 4:30-5:30 p.m.  
3241.101 \$15/\$18

## Rock Climbing Trip

Rock climbing is a phenomenal fitness activity that develops full body muscular strength in large and small muscles. Join our group as we travel to Rock'n & Jam'n Climbing Gym in Thornton for a full morning of climbing. Do not worry if you have never climbed before, as you will receive your belay certification at the event. Bring a friend and register now. Transportation is provided, but space on the vehicle is limited. Pre-registration is mandatory as a minimum of four participants are required for a session to begin.

Ages 13 and older. (Participants under the age of 18 must be accompanied by a parent or guardian. The climbing facility will require the parent or guardian to sign a consent form).

9 a.m. Transportation leaves from the Commerce City Recreation Center

### Session 1

Sat 2/25 9 a.m. – Noon  
3411.101 \$33 per person

## Teen Weightlifting

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

### Session 1

Sat 1/21 10-11:30 a.m.  
3111.101 \$15/\$20

### Session 2

Sat 3/18 10-11:30 a.m.  
3112.101 \$15/\$20

## Women on Weights

In this small-group class for women, you will use strength training to help tone and sculpt muscle, lose body fat, increase metabolism and boost your confidence.

### Session 1

Sat 1/14-2/18 (6 weeks) 8:30-9:30 a.m.  
3101.101 \$25/\$30

### Session 2

Sat 3/4-4/8 (6 weeks) 8:30-9:30 a.m.  
3102.101 \$25/\$30

### Session 3

Sat 4/22-5/27 (6 weeks) 8:30-9:30 a.m.  
3103.101 \$25/\$30

## 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. Participants who attend 10 of the 12 sessions will receive a 10 percent discount on the next session registration.

### Session 1

Tue/Thur 1/10-2/16 (6 weeks) 4:30-5:30 p.m.  
3701.101 \$65/\$75

### Session 2

Tue/Thur 2/28-4/6 (6 weeks) 4:30-5:30 p.m.  
3702.101 \$65/\$75

### Session 3

Tue/Thur 4/18-5/25 (6 weeks) 4:30-5:30 p.m.  
3703.101 \$65/\$75

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

## GET SENIOR STRONG WITH OLDER ADULT FITNESS

Check out all fitness and wellness programs including SilverSneakers® group fitness, personal training, and more on pages 7 and 30.

## Active Adult New Member Weight Room Orientation

Are you new to the facility? Schedule a free weight room orientation to learn more about the strength and cardio machines as well as the fitness services. Bring your questions and have them answered by a fitness professional. To schedule your 45 minute orientation, call 303-289-3762.





# LEARN THE BASICS

Beginning level classes focus on movement



Registration for parent-taught and pre-gymnastics starts Dec. 5 for Residents, Dec. 7 for Non-residents.

## Parent-Taught

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

Tue 1/10-2/21 9:30-10:15 a.m.  
2101.101 by 1/3 \$26/\$36  
on 1/4 \$36/\$46

Sat 1/14-2/25 9-9:45 a.m.  
2101.102 by 1/3 \$26/\$36  
on 1/4 \$36/\$46

Tue 3/14-4/25 9:30-10:15 a.m.  
2102.101 by 3/7 \$26/\$36  
on 3/8 \$36/\$46

Sat 3/18-4/29 9-9:45 a.m.  
2102.102 by 3/7 \$26/\$36  
on 3/8 \$36/\$46

## Pre-Gymnastics

Instructors introduce children to basic gymnastics using all types of equipment in this coed class. Boys and girls will explore how their bodies move using songs, balls and parachutes. This class helps children improve coordination, motor skills, self-confidence and listening skills. Ages 4-5

Tue 1/10-2/21 10:30-11:15 a.m.  
2201.101 by 1/3 \$26/\$36  
on 1/4 \$36/\$46

Sat 1/14-2/25 10-10:45 a.m.  
2201.102 by 1/3 \$26/\$36  
on 1/4 \$36/\$46

Sat 1/14-2/25 11-11:45 a.m.  
2201.103 by 1/3 \$26/\$36  
on 1/4 \$36/\$46

Tue 3/14-4/25 10:30-11:15 a.m.  
2202.101 by 3/7 \$26/\$36  
on 3/8 \$36/\$46

Sat 3/18-4/29 10-10:45 a.m.  
2202.102 by 3/7 \$26/\$36  
on 3/8 \$36/\$46

Sat 3/18-4/29 11-11:45 a.m.  
2202.103 by 3/7 \$26/\$36  
on 3/8 \$36/\$46

## Beginning Gymnastics

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

Mon 1/9-2/20 4:30-5:30 p.m.  
2301.101 by 1/3 \$29/\$39  
on 1/4 \$39/\$49

Mon 1/9-2/20 5:30-6:30 p.m.  
2301.102 by 1/3 \$29/\$39  
on 1/4 \$39/\$49

Wed 1/11-2/22 4:30-5:30 p.m.  
2301.103 by 1/3 \$29/\$39  
on 1/4 \$39/\$49

Wed 1/11-2/22 6:30-7:30 p.m.  
2301.104 by 1/3 \$29/\$39  
on 1/4 \$39/\$49

Wed 1/11-2/22 7:30-8:30 p.m.  
2301.106 by 1/3 \$29/\$39  
on 1/4 \$39/\$49

Sat 1/14-2/25 Noon-1 p.m.  
2301.105 by 1/3 \$29/\$39  
on 1/4 \$39/\$49

Mon 3/13-4/24 4:30-5:30 p.m.  
2302.101 by 3/7 \$29/\$39  
on 3/8 \$39/\$49

Mon 3/13-4/24 5:30-6:30 p.m.  
2302.102 by 3/7 \$29/\$39  
on 3/8 \$39/\$49

Wed 3/15-4/26 4:30-5:30 p.m.  
2302.103 by 3/7 \$29/\$39  
on 3/8 \$39/\$49

Wed 3/15-4/26 6:30-7:30 p.m.  
2302.104 by 3/7 \$29/\$39  
on 3/8 \$39/\$49

Wed 3/15-4/26 7:30-8:30 p.m.  
2301.106 by 3/7 \$29/\$39  
on 3/8 \$39/\$49

Sat 3/18-4/29 Noon-1 p.m.  
2302.105 by 3/7 \$29/\$39  
on 3/8 \$39/\$49

Early registration for beginning, advanced beginning and intermediate class levels starts **Dec. 19 for residents and Dec. 21 for non-residents** for session 1, ending on Jan. 3. Starting Jan. 4, 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 Feb. 27 for residents and Mar. 1 for non-residents**, ending on Mar. 7. Starting on Mar. 8, 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

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

Mon 1/9-2/20 4:30-5:30 p.m.  
2311.104 by 1/3 \$29/\$39  
on 1/4 \$39/\$49

Mon 1/9-2/20 6:30-7:30 p.m.  
2311.101 by 1/3 \$29/\$39  
on 1/4 \$39/\$49

Wed 1/11-2/22 5:30-6:30 p.m.  
2311.103 by 1/3 \$29/\$39  
on 1/4 \$39/\$49

Sat 1/14-2/25 Noon-1 p.m.  
2311.102 by 1/3 \$29/\$39  
on 1/4 \$39/\$49

Mon 3/13-4/24 4:30-5:30 p.m.  
2312.104 by 3/7 \$29/\$39  
on 3/8 \$39/\$49

Mon 3/13-4/24 6:30-7:30 p.m.  
2312.101 by 3/7 \$29/\$39  
on 3/8 \$39/\$49

Wed 3/15-4/26 5:30-6:30 p.m.  
2312.103 by 3/7 \$29/\$39  
on 3/8 \$39/\$49

Sat 3/18-4/29 Noon-1 p.m.  
2312.102 by 3/7 \$29/\$39  
on 3/8 \$39/\$49

## Intermediate Gymnastics

This class level offers new challenges with more advanced teaching on high beams and porta-pit drills. Gymnasts continue to build self-confidence in a safe and fun environment. Participants must be able to demonstrate mastery of beginning-level skills and have instructor's approval to move up to the intermediate level. Ages 6-17

Mon 1/9-2/20 6-7:30 p.m.  
2321.101 by 1/3 \$32/\$42  
on 1/4 \$42/\$52

Wed 1/11-2/22 6-7:30 p.m.  
2321.102 by 1/3 \$32/\$42  
on 1/4 \$42/\$52

Mon 3/13-4/24 6-7:30 p.m.  
2322.101 by 3/7 \$32/\$42  
on 3/8 \$42/\$52

Wed 3/15-4/26 6-7:30 p.m.  
2322.102 by 3/7 \$32/\$42  
on 3/8 \$42/\$52

## 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/\$30

One-hour private lesson (1 person) \$34/\$44

One-hour semi-private lesson (up to 3 people) \$42/\$52



# CARA TEAMS OFFER CHANCE TO COMPETE IN GYMNASTICS



Registration for all CARA team level programs start **December 5**. There is an additional \$10 charge to register for classes within one week of the start date. To enjoy the fees listed below, register early.

## CARA Girls Gymnastics Team Level 2

This pre-competitive program is designed to prepare gymnasts for competition. Participants will learn how to perform back walkovers, cartwheels on beam and proper technique for a handspring vault. After mastering skills, participants will memorize combinations to form routines. Must have instructor approval to register. Ages 6-17

Tue	1/3-1/31	5:30-7:30 p.m.
2441.101	by 12/28	\$37/\$47
(5 weeks)	on 12/29	\$47/\$57
Thu	1/5-1/26	5:30-7:30 p.m.
244.202	by 12/30	\$30/\$40
(4 weeks)	on 12/31	\$40/\$50
Tue	2/7-2/28	5:30-7:30 p.m.
2442.101	by 2/1	\$30/\$40
(4 weeks)	on 2/2	\$40/\$50
Thu	2/2-2/26	5:30-7:30 p.m.
2442.102	by 1/27	\$30/\$40
(4 weeks)	on 1/28	\$40/\$50
Tue	3/7-3/28	5:30-7:30 p.m.
2443.101	by 3/1	\$30/\$40
(4 weeks)	on 3/2	\$40/\$50
Thu	3/2-3/30	5:30-7:30 p.m.
2443.102	by 2/24	\$37/\$47
(5 weeks)	on 2/25	\$47/\$57
Tue	4/4-4/25	5:30-7:30 p.m.
2444.101	by 3/29	\$30/\$40
(4 weeks)	on 3/30	\$40/\$50
Thu	4/6-4/27	5:30-7:30 p.m.
2444.102	by 3/31	\$30/\$40
(4 weeks)	on 4/1	\$40/\$50

## CARA Girls Gymnastics Team Compulsory Level 3 and 4

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

Tue/Thu	1/3-1/31	5:30-7:30 p.m.
2401.101	by 12/28	\$87/\$97
	on 12/29	\$97/\$107
Tue/Thu	2/2-2/28	5:30-7:30 p.m.
2402.101	by 1/27	\$80/\$90
	on 1/28	\$90/\$100
Tue/Thu	3/2-3/30	5:30-7:30 p.m.
2403.101	by 2/24	\$87/\$97
	on 2/25	\$97/\$107
Tue/Thu	4/4-4/27	5:30-7:30 p.m.
2404.101	by 3/29	\$80/\$90
	on 3/30	\$90/\$100

## CARA Girls Gymnastics Team Optional Levels

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

Tue/Thu	1/3-1/31	7:15-9:15 p.m.
2411.101	by 12/28	\$87/\$97
	on 12/29	\$97/\$107
Tue/Thu	2/2-2/28	7:15-9:15 p.m.
2412.101	by 1/27	\$80/\$90
	on 1/28	\$90/\$100
Tue/Thu	3/2-3/30	7:15-9:15 p.m.
2413.101	by 2/24	\$87/\$97
	on 2/25	\$97/\$107
Tue/Thu	4/4-4/27	7:15-9:15 p.m.
2414.101	by 3/29	\$80/\$90
	on 3/30	\$90/\$100

## CARA Girls Gymnastics Team Elective Practice

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

### Level 3 and 4

Fri	1/6-1/27	5:30-7:30 p.m.
2430.101	by 12/31	\$40/\$50
	on 1/1	\$50/\$60
Fri	2/3-2/24	5:30-7:30 p.m.
2432.101	by 1/28	\$57/\$67
	on 1/29	\$67/\$77
Fri	3/3-3/31	5:30-7:30 p.m.
2433.101	by 2/25	\$40/\$50
	on 2/26	\$50/\$60
Fri	4/7-4/28	5:30-7:30 p.m.
2434.101	by 4/1	\$40/\$50
	on 4/2	\$50/\$60

### Optional Levels

Fri	1/6-1/27	7:15-9:15 p.m.
2430.101	by 12/31	\$40/\$50
	on 1/1	\$50/\$60
Fri	2/3-2/24	7:15-9:15 p.m.
2432.101	by 1/28	\$40/\$50
	on 1/29	\$50/\$60
Fri	3/3-3/31	7:15-9:15 p.m.
2433.101	by 2/25	\$57/\$67
	on 2/26	\$67/\$77
Fri	4/7-4/28	7:15-9:15 p.m.
2434.101	by 4/1	\$40/\$50
	on 4/2	\$50/\$60





# KICK THINGS UP WITH MARTIAL ARTS

Reduce stress, increase productivity,  
and build self-confidence



## Taekwondo

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

### Session 1

Tue	1/10-2/14	6:30-8 p.m.
1051.101	by 1/4	\$32/\$36
	on 1/5	\$42/\$46
Tue/Thur	1/10-2/16	6:30-8 p.m.
1051.102	by 1/4	\$60/\$64
	on 1/5	\$70/\$74
Thur	1/12-2/16	6:30-8 p.m.
1051.103	by 1/6	\$32/\$36
	on 1/7	\$42/\$46

### Session 2

Tue	3/7-4/11	6:30-8 p.m.
1052.101	by 3/1	\$32/\$36
	on 3/2	\$42/\$46
Tue/Thur	3/7-4/13	6:30-8 p.m.
1052.102	by 3/1	\$60/\$64
	on 3/2	\$70/\$74
Thur	3/9-4/13	6:30-8 p.m.
1052.103	by 3/3	\$32/\$36
	on 3/4	\$42/\$46

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





## GET THE SCOOP

Informational and educational programs



### Life Isn't Easy

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

Mon 1/2 10 a.m.  
Mon 2/6 10 a.m.  
Mon 3/6 10 a.m.  
Mon 4/3 10 a.m.

### Healthier Living Colorado: Living with Chronic Conditions

Healthier Living is a FREE program designed to help with the self-management of chronic conditions such as heart disease, hypertension, diabetes, arthritis, asthma, depression, emphysema and many others. Learn how to manage your condition and enjoy a life of independence and joy.

Wed 1/18-2/22 10 a.m.-Noon  
4701.101 FREE

### Home Sharing: Aging in Place in Your Space

Sunshine Home Share Colorado is a nonprofit solution helping seniors 55 and older remain in their homes and communities by utilizing the extra space in their homes, while providing housing to someone needing an affordable place to live. Come learn if home sharing is a solution that might be right for you. This class will be led by Alison Jouvovsky, the executive director and founder of Sunshine Home Share Colorado.

Fri 2/3 10 a.m.-Noon  
4701.103 FREE

### How to Take Pictures for Auction Sites

When selling or donating items on Craigslist or eBay, how the item is presented makes the difference. This class will teach you angles, lighting and perspective so you can show off the best parts of your treasured items.

Wed 1/11 11 a.m.-1 p.m.  
4701.102 FREE

### AARP Driver Safety class

Learn defensive driving techniques, new traffic laws, rules of the road and how to deal with aggressive drivers. Contact your insurance agent to see if you are eligible to receive a discount on your insurance. Class is \$15 for AARP members and \$20 for nonmembers. Payment is due to the instructor on the day of class and pre-registration is required.

Thur 1/19 8:30 a.m.-12:30 p.m.  
4701.105 \$15/\$20

### Archeology 101 with Steve

This presentation (with an actual archaeologist) will give insight into what an archaeologist does, the methods and tools that are used, and even some details on local Colorado projects.

Wed 3/15 10 a.m.-Noon  
4701.104 FREE

### Vision Loss Presentation with A3

A3 is a nonprofit organization that is designed to help those with vision needs or blindness. If you suffer vision loss of any degree this presentation could be beneficial to you. Learn how A3 can help you adapt, adjust and achieve maximum independence.

Mon 4/10 10 a.m.-Noon  
4701.106 FREE

### DROP-IN FOR FREE AND FUN ACTIVITIES

Drop-in to the older adult/ senior center for board games, cards, jigsaw puzzles, conversation and other fun programming. You can also browse the lending library. Donations of used books, CD's, DVDs and jigsaw puzzles are welcome. Questions? Call 303-289-3720.

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



## SPRING INTO SPECIAL EVENTS

All events take place at the Older Adult/Senior Center



### Birthday Lunch

Catch up with your friends as we serve up a great, nutritionally balanced lunch and dessert. SilverSneakers® fitness program members receive \$2 off. Signup deadline is the Thursday prior to each lunch date. Doors open at 11:45 a.m. for wheelchair seating and other accommodations. Check out the *On the Move* newsletter for each month's menu.

Tue	1/17	Noon	4201.101	\$7/\$8
Tue	2/21	Noon	4201.102	\$7/\$8
Tue	3/21	Noon	4201.103	\$7/\$8
Tue	4/18	Noon	4201.104	\$7/\$8

### 2017 Senior Focus Group

Join division leaders in making decisions about senior programs in the community and help us create an action plan for 2017. Please pre-register so that we can prepare enough material. Drinks and light snacks provided.

Tue	1/10	3-5 p.m.
4701.108		FREE

### Pie and Coffee

You never need an excuse to eat pie, but what better time to do it than on National Pie Day? It was first recognized by the American Pie Council in 1986 and has been going strong ever since. Come sample a selection of pies and enjoy this social hour with your friends.

Mon	1/23	3-4 p.m.
4601.102		\$4/\$5

### VIP Trip Rewards Event

Did you participate in at least 12 trips with the Commerce City Senior Center between July 1-December 31, 2016? If so, we want to recognize you as a VIP trip participant and say a toast! There is no cost for this event, but make sure you have participated in at least 12 trips during the second half of 2016 and register in advance.

Thur	1/26	11 a.m.-12:30 p.m.
4601.101		FREE

### Valentine's Day Biscuits and Gravy Breakfast

Bring your sweetie down to the Commerce City Recreation Center and enjoy an early start to the Valentine's Day holiday. Your Valentine's Day breakfast will feature a traditional biscuit with sausage gravy meal. Proceeds benefit the Goodfriends scholarship program.

Tue	2/14	7-10 a.m.
		\$3.50 at the door

### Picture Sharing

Dust off those old picture albums with pictures of past trips or events you have taken with the older adult/senior center. Bring in the pictures and staff will convert them to a slide show for the group to view. If you have pictures on your cell phone, staff can download these and add them to the slide show. All pictures due by the registration deadline of 3/23. Coffee and snacks will be provided.

Thur	3/30	10-11:30 a.m.
4701.107		\$3/\$4

### Coffee with Tim Moore

Enjoy coffee and light refreshments with Tim Moore, athletics recreation supervisor. Learn about Tim's 40-year-career with the Commerce City Parks, Recreation and Golf Department and his passion for all things sports. Pre-registration is required so we can prepare coffee and refreshments.

Mon	4/10	10 a.m.-Noon
4601.103		FREE

### Easter Egg Scavenger Hunt

This Easter egg hunt will take you to all corners of the recreation center as you search for eggs of every variety, including some "lucky" eggs that will be worth your time and energy! The clues to the scavenger hunt will keep you guessing as you discover corners of the recreation center you never knew existed. At the conclusion of the hunt, the group will gather in the activity room for a light meal including what else - egg salad sandwiches!

Fri	4/14	10 a.m.-Noon
4601.104		\$6/\$7

### Get Active in the Game Room

This organized monthly event is a fun way to stay active as you compete with your friends on the light wall, Wii® bowling, billiards, bean bag toss and more. These "get active" days will take place every second Thursday of the month. There is no cost, but we ask that you pre-register as we will be providing healthy snack options.

Thur	1/12	9 a.m.
Thur	2/9	9 a.m.
Thur	3/9	9 a.m.
Thur	4/13	9 a.m.

### Soup Days

Bring or meet a friend for a hearty, healthy lunch of delicious soup, with fresh rolls and dessert, all for just \$3.50. Proceeds benefit the Goodfriends program.

Fri	2/24	11 a.m.-1 p.m.
Soup: Chili		\$3.50 at the door
Fri	4/28	11 a.m.-1 p.m.
Soup: Potato		\$3.50 at the door





# THE HOTTEST TICKET IN TOWN AND YOU'RE INVITED

Travel on a day trip



Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
<b>JANUARY</b>							
1/5	Thur	4401.101	Shop Around Town (Craft) <i>Shop for arts and crafts for your next project.</i>	Denver area	2	9 a.m.-5 p.m.	\$6/\$7
1/6	Fri	4501.110	Rocky Mountain Quilt Museum <i>View more than 550 quilts at this cultural and historical quilt museum.</i>	Golden	2	9:30 a.m.-2 p.m.	\$11/\$12
1/10	Tue	4501.111	John Fielder's Colorado Photo Gallery <i>Peruse this gallery with more than 100 of the landscape photographer's most popular images.</i>	Denver	2	9:30 a.m.-2 p.m.	\$6/\$7
1/14	Sat	4501.112	National Wester Stock Show & Wild West Show <i>Find your western spirit at this event with a variety of cowboys, horses, cattle and professional rodeo riders.</i>	Denver	3	2-8 p.m.	\$25/\$26
1/20	Fri	4501.113	Lunch & Movie <i>Spend the afternoon out of the cold and enjoy lunch and the latest Hollywood blockbuster.</i>	Denver	1	11 a.m.-5 p.m.	\$6/\$7
1/27	Fri	4501.114	Lunch Out "School House" <i>Enjoy lunch at this 1882 schoolhouse that was turned into a bistro and saloon.</i>	Arvada	2	10:30 a.m.-2 p.m.	\$6/\$7
1/30	Mon	4501.103	Dinner Out "Texas Road House" <i>Enjoy dinner with friends at this Western-themed restaurant that specializes in steaks.</i>	Northglenn	1	4:30-8 p.m.	\$6/\$7
<b>FEBRUARY</b>							
2/1	Wed	4501.131	Mummies: New Secrets from the Tombs <i>Take a rare look at mummies from ancient Egypt and Peru at the Denver Museum of Nature and Science.</i>	Denver	2	9:30 a.m.-3 p.m.	\$18/\$19
2/2	Thur	4401.102	Shop Around Town (Thrift) <i>Hunt for bargains at local thrift stores in the Denver area.</i>	Denver Area	2	9 a.m.-5 p.m.	\$6/\$7
2/10	Fri	4501.107	Gambling at The Reserve <i>Bring your spending money and enjoy the beautiful mountain scenery on the way to The Reserve Casino in Central City.</i>	Central City	3	9 a.m.-3 p.m.	\$6/\$7
2/16	Thur	4501.115	Molly Brown House Tour <i>Take a peek at one of the most visited historic sites in Denver.</i>	Denver	3	9:30 a.m.-2 p.m.	\$12/\$13
2/17	Fri	4501.116	Nanna's Gourmet Market & Tea Emporium <i>Sip on one of more than 120 teas and menu items, including freshly baked scones, clotted cream and preserves.</i>	Denver	1	10:15 a.m.-2:15 p.m.	\$6/\$7
2/23	Thur	4501.101	Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$9/\$10
2/27	Mon	4501.104	Dinner Out "Gunther Toody's" <i>Enjoy an American menu with a 1950s twist!</i>	Thornton	1	4:30-8 p.m.	\$6/\$7
<b>MARCH</b>							
3/1	Wed	4501.117	Lunch Out "Ranch House Café" <i>Enjoy traditional American food at this local favorite.</i>	Aurora	1	10:30 a.m.-1:30 p.m.	\$6/\$7
3/2	Thur	4401.103	Shop Around Town (Craft) <i>Find inspiration for your next big arts and craft project.</i>	Denver Area	2	9 a.m.-5 p.m.	\$6/\$7
3/3	Fri	4501.118	Ralph L. Carr Colorado Judicial Center Tour <i>Learn about the Colorado court system, visit the Colorado Supreme Court Library, and possibly tour a courtroom.</i>	Denver	2	9:30 a.m.-2 p.m.	\$6/\$7
3/10	Fri	4501.119	Star Wars™ Costume Exhibit <i>Take a unique journey into the Star Wars™ universe as characters are brought to life with more than 70 original costumes at the Denver Art Museum.</i>	Denver	2	9:45 a.m.-3 p.m.	\$22/\$23
3/14	Tue	4501.120	Blanche A. Wilson House <i>Tour this historic home known as the Centennial House.</i>	Aurora	2	9:15 a.m.-2 p.m.	\$12/\$13
3/16	Thur	4501.109	Mystery Trip <i>Shhh, it's a secret! A surprise trip with staff awaits you. Sign up early!</i>	Denver	2	9 a.m.-5 p.m.	\$10/\$11
3/23	Thur	4501.121	Highlands Ranch Mansion Tour <i>Wander through beautiful rooms and learn more about this historic mansion.</i>	Highlands Ranch	2	9 a.m.-2 p.m.	\$12/\$13

- LEVEL 1** – Parking lot, short walking distance, minimal activity.
- LEVEL 2** – Moderate activity and walking distance, some stairs.
- LEVEL 3** – Extended walking distance or stairs, outside, higher elevation.

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

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

Included: Entrance fees and transportation from senior center to trip location and back.  
Check-in at senior center volunteer desk 15 minutes prior to departure time.

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

Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
3/24	Fri	4501.122	Denver March Powwow <i>Attend one of the largest annual celebrations of American Indian culture in the country, representing nearly 100 tribes from the U.S., Canada and Mexico.</i>	Denver	2	10 a.m.-3 p.m.	\$7/8
3/27	Mon	4501.105	Dinner out "Bent Fork" <i>Enjoy a diverse offering of traditional dishes that are inventive, flavorful and fun.</i>	Aurora	1	4:30-8 p.m.	\$6/7
3/29	Wed	4501.123	Lunch Out "Denver Central Market" <i>Peruse meat and fish counters, a bakery, pizzeria and more at this airy marketplace. Bring your spending money; lunch is not included in trip fee.</i>	Denver	1	10:30 a.m.-2:30 p.m.	\$6/7
3/31	Fri	4501.124	Colorado Model Railroad Museum <i>Tour this history museum focused on railroads with artifacts, displays, and a massive 3D model railroad exhibit.</i>	Greeley	2	10 a.m.-3 p.m.	\$13/14
APRIL							
4/5	Wed	4501.108	Gambling at Lady Luck Casino <i>Bring your spending money and try your luck at Lady Luck Casino in Black Hawk.</i>	Black Hawk	3	9 a.m.-3 p.m.	\$6/\$7
4/6	Thur	4401.104	Shop Around Town (Outlet) <i>Search for great bargains and deals at a local outlets.</i>	Denver Area	2	9 a.m.-5 p.m.	\$6/\$7
4/7	Fri	4501.125	Lucky Three Ranch Tour <i>Meet a variety of animals on this working ranch. The ranch is handicapped accessible and tour carts are available for those who might not be able to make the trek around the property.</i>	Loveland	3	8:30 a.m.-4:30 p.m.	\$17/\$18
4/11	Tue	4501.102	Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$9/\$10
4/12	Wed	4501.126	International Cuisine "Helga's German Restaurant" <i>A European vibe mixes with classic German fare and plentiful beer at this longtime restaurant.</i>	Aurora	1	10:30 a.m.-2 p.m.	\$6/\$7
4/19	Wed	4501.127	Mcllvoy House Tour <i>View collections of old photographs, documents, book and newspapers at this home of the Arvada Historical Society.</i>	Arvada	2	9:15 a.m.-1:15 p.m.	\$12/\$13
4/21	Fri	4501.128	Daniels & Fisher Tower Tour <i>Travel back in time on a special behind the scenes tour of one of the most recognized icons in the city.</i>	Denver	3	9:15 a.m.-2 p.m.	\$20/\$21
4/24	Mon	4501.106	Dinner out "Brixx Wood Fired Pizza" <i>Enjoy pizza from a wood-fired brick oven, sandwiches, and a selection of craft beers.</i>	Stapleton	1	4:30-8 p.m.	\$6/\$7
4/26	Wed	4501.129	RTD A Line & Lunch at DIA <i>Known as the "Train to the Plane," ride RTD's A Line and enjoy lunch at Denver International Airport.</i>	Denver	3	10 a.m.-3 p.m.	\$8/\$9
4/27	Thur	4501.130	Topgolf <i>Have fun at this sprawling entertainment venue with a high-tech golf driving range, plus a swanky lounge with drinks and games.</i>	Centennial	2	10 a.m.-3 p.m.	\$20/\$21



# INFORMATION, OPPORTUNITIES AND SERVICES FOR OLDER ADULTS/SENIORS



## Older Adult/Senior Center

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

Mon/Wed/Fri 8:30 a.m. – 3:30 p.m.  
Tue/Thur 8:30 a.m. – 4:30 p.m.  
Adult information 303-289-3720

## Transportation

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

## Recognition of the Sick

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

## 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.

## 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.

## Health Services

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

## Have some free time? Volunteer for senior services!

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

## Tax Assistance

Volunteers with the Adams County Treasurer's Office are available to provide FREE income tax preparation services every Thursday during the tax season. No reservations are needed. Bring all necessary tax documents, including your W-2, 1099 and a copy of last year's tax returns. Copies are NOT provided.

Thur 1/26-4/13 8:30 a.m.-2:30 p.m.  
Commerce City Recreation Center

## YOU HAVE A VOICE IN OLDER ADULT PROGRAMS

### Senior Advisory Committees

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



### On the Move Newsletter

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

### Goodfriends Scholarship Program

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





## GROW YOUR CREATIVITY

Special interest classes develop  
and perfect unique skills



### Hunter Education

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

Ages 8 and older

Sat 2/25  
8001.101 \$10

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

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

Sat 3/18  
8002.101 \$10

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

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

### Line Dance

Line dance class is ideal for anyone wanting to start dancing, get some exercise and get moving. Learn balance, movement and have a great time meeting other dancers.

Mon 1:30-3 p.m.  
Five visit punch card for \$25 or \$6 drop in.

### Ceramics Lab

Express your creativity and explore different techniques and trends in this open forum lab, with guidance from an expert instructor. Free start-up supplies are offered to the first-timer and instructor will advise on further purchases. Fee includes instruction and firing. Ages 13 and older

Tue 9 a.m.-Noon  
Wed 6-9 p.m.

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

### Adult Guitar

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

Sat 1/14-2/18 1:15-2 p.m.  
8201.101 \$32/\$37

Sat 3/11-4/15 1:15-2 p.m.  
8202.101 \$32/\$37

### Guitar Heroes Beginner

Learn basic chords, how to read music charts and reinforce your learning by playing songs. Must supply own acoustic guitar. All sheet music provided. Instructor may move students between levels in the best interest of the student. Ages 8-15

Sat 1/14-2/18 10:15-11 a.m.  
8211.101 \$32/\$37

Sat 3/11-4/15 10:15-11 a.m.  
8212.101 \$32/\$37

### MEET ZANDRA SHAVER, CERAMICS INSTRUCTOR

Zandra has been working with ceramics for more than 38 years and loves to teach. She is also the owner of A Creative Corner and Friends ceramics shop in Thornton. Under the guidance of Zandra, you can explore different techniques and trends in the ceramics lab from cleaning pieces and painting techniques, to firing in the kiln.



### Guitar Heroes Intermediate

This class expands on the basics learned in the beginner class and allows the teacher further instruction as the students prepare for the next level. Must supply own acoustic guitar. All sheet music provided. Instructor may move students between levels in the best interest of the student. Ages 8-15

Sat 1/14-2/18 11:15 a.m.-Noon  
8221.101 \$32/\$37

Sat 3/11-4/15 11:15 a.m.-Noon  
8222.101 \$32/\$37

### Guitar Heroes Advanced

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

Sat 1/14-2/18 12:15-1 p.m.  
8231.101 \$32/\$37

Sat 3/11-4/15 12:15-1 p.m.  
8232.101 \$32/\$37



# YOUTH BASKETBALL

Get in the game with the Junior Nuggets



Hoop it up with Commerce City and the Denver Nuggets in 2017! All participants will receive a Denver Nuggets jersey and two free tickets to

see a Denver Nuggets game at the Pepsi Center.

**Grades K-6. Registration is open 12/5-12/31.**

## Division I (Coed Clinic) Kindergarten

Introduce children to the basic skills of basketball with this beginner program. Participants focus on dribbling, passing, shooting and defensive fundamentals during this weekly clinic. There are no scheduled league games for this program; it is primarily an instructional program.

**Registration Deadline: 12/31**

**Start Date:** Wed 1/20 (6 weeks) \$40/\$48

## Division II (Coed League Play) Grades 1-2

Increase skills and ability on the court through instruction and league play. Develop the fundamentals of dribbling, passing and shooting. Participants meet once a week for practice (day/time determined by coach) and games are Saturday mornings at the Commerce City Recreation Center.

**Registration Deadline: 12/31**

**Start Date:** Week of 1/9 (8 weeks) \$55/\$66

## Division III – Grades 3-4

## Division IV – Grades 5-6

(Separate Boys and Girls League)

Enhance basketball skills through practice and games in this exciting, challenging and fast-paced program. Players focus on improving the fundamentals of dribbling, passing and shooting while learning the different strategies of playing defense and running offensive plays. Teams meet twice a week in the evening for practice (day/time determined by coach.) Games are played on Saturday mornings at the Commerce City Recreation Center.

**Registration Deadline: 12/31**

**Start Date:** Week of 1/9 (8 weeks) \$65/\$78

*Registrations taken after 12/31 will be assessed a \$10 late fee and participation is permitted only if space is available.*



## Denver Nuggets Skills Challenge

Boys and girls showcase their basketball skills and talents in dribbling, passing, and shooting in this competition. The top scorers from each age group advance to a

sectional competition and the top sectional scorers advance to the state championship at a Denver Nuggets game at the Pepsi Center in March (TBD). For information, call 303-289-3705. Ages 7-14 (as of Dec. 31).

**Registration begins 30 minutes prior to start time and ends at start time.**

Sat 1/14 10 a.m. Commerce City Recreation Center

## 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.

## COMMERCE CITY YOUTH SPORTS

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



## WINTER BREAK CAMPS & CLINICS

Stay active and elevate your game



### Lacrosse Skills Clinic

Develop the fundamentals of lacrosse during this three-day mini-camp directed by Bill Lewandowski, a former collegiate athlete and coach at the University of Georgia. All participants receive a camp t-shirt. Camp is located at the Commerce City Recreation Center. Coach Bill and his staff will teach proper scooping, throwing, catching, cradling, and shooting techniques. Basic offensive and defensive concepts will be covered. Ages 8-12

#### Registration Deadline: 12/23

12/28-12/30      6-8 p.m.      \$45/\$54

### Basketball Shooting Camp

Get ready for the 2016 basketball season! Develop proper shooting techniques and the fundamentals of basketball during this three-day mini-camp directed by Tim Jones, former college standout and director of the Colorado Prospects Academy. Jones has worked with dozens of college and professional athletes throughout his career. Coach Jones and his staff will work with campers on shooting, footwork, ball handling, and defensive skills. All participants receive a camp t-shirt. Camp is located at the Commerce City Recreation Center.

#### Registration Deadline: 12/21

Grades 3-5	12/27-12/29	9 a.m.-Noon	\$45/\$54
Grades 6-8	12/27-12/29	1-4 p.m.	\$45/\$54

### 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.

### Officials, We Need You!

Commerce City is now looking for referees for the winter basketball season. Games are Saturday mornings at the Commerce City Recreation Center. A free clinic will be held prior to the season. This course is for the beginner, as well as the experienced official. The training will cover rules, mechanics, policies, and procedures. Lecture and court techniques will also be included. Please call Josh Polgar for more information at 303-289-3705.



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

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

**Coming soon! Baseball registration opens in April.**





# BE A PART OF THE ACTION THIS SPRING

Youth sports emphasize teamwork and sportsmanship



## Soccer Coed Division I: Kindergarten-Grade 1

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

### Registration Deadline: 3/15

Before 3/15 \$45/\$54

After 3/15 \$55/\$64

**Start Date:** Week of 3/20 (8 weeks)

## Soccer Coed Division II: Grades 2-3

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

### Registration Deadline: 3/15

Before 3/15 \$50/\$60

After 3/15 \$60/\$72

**Start Date:** Week of 3/20 (8 weeks)

## Soccer Coed Division III: Grades 4-5

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

### Registration Deadline: 3/15

Before 3/15 \$55/\$66

After 3/15 \$65/\$78

**Start Date:** Week of 3/20 (8 weeks)

**Find additional league information including schedules and directions at [teamsideline.com/commercecity](http://teamsideline.com/commercecity).**

## 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: 3/15

Grade	Start date	Fee R/NR
Grades 3-5	Week of 3/20	\$50/\$60
Grades 6-8	Week of 3/20	\$50/\$60

## Youth Lacrosse

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

### Registration Deadline: 3/8

Ages	Start date	Fee R/NR
6-8	Week of 3/13	\$50/\$60
8-10	Week of 3/13	\$50/\$60
10-12	Week of 3/13	\$50/\$60
12-14	Week of 3/13	\$50/\$60

## Our Youth Sports Philosophy

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

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



## LOCAL YOUTH SPORTS PROVIDERS



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

### Commerce City Youth Athletics (CCYA)

This local nonprofit organization augments the city’s services, providing sports experiences to all interested youth with 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).

### Girls Softball (spring)

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

### Raiders Tackle Football (fall)

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

### Boys and Girls Basketball (winter)

Grades 6-8  
Registration: Nov.-Dec.  
Season: Jan.-Mar.  
Director: Chuck Ingram, 303-286-7669

### Lady Raiders - Cheerleading Squad (fall)

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

### Athletics Competitive Baseball

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

### Adams City Wrestling Club

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

Ages 4-14  
Registration: Ongoing  
Season: Nov.-Mar.  
Director: Juan Ortiz at 303-525-0457 or email  
[AdamsCityWrestlingClub@aol.com](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: [Luiss1018@icloud.com](mailto:Luiss1018@icloud.com)

### Rocky Mountain ThunderHawks Football Association (fall)

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

Director: Brian Carfield at 720-427-1515 or email  
[www.rmthunderhawks.org](http://www.rmthunderhawks.org)

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

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

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

Ages 7-14

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



# PLAY BALL WITH SUMMER 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.

## Coed Summer Softball League

Get a team of five men and women together for adult coed softball league beginning in May. A team representative must attend the league meeting at the Commerce City Recreation Center on Wednesday, April 19 at 5:30 p.m. Games are played at Pioneer Park.

Wed 5/10-7/19  
D-Rec \$470/\$500 (10 Games)

## Men's Summer Softball League

Get your game on with evening adult men's softball beginning in May. A team representative must attend the league meeting at the Commerce City Recreation Center on Thursday, April 20 at 5:30 p.m. Games are played at Pioneer Park.

Tue 5/9-7/18  
D-Rec \$470/\$500 (10 Games)

Thur 5/11-7/20  
Industrial \$470/\$500 (10 Games)  
(D-Rec)

## 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

## ADULT SPORTS LEAGUES

SPORTS LEAGUE	INFO AVAILABLE	LEAGUE BEGINS	LEAGUE ENDS
Summer Softball	March	April	July
Fall Softball	July	August	October

## 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 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, 5902 Holly St.

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

## Batting cages

The Batting Cages at Pioneer Park, 5902 Holly St., open for the 2017 season on Saturday, April 1. Batting cages are open weather permitting (minimum 45 degrees and dry conditions). For information on the batting cages, please call 303-289-3763 or visit [c3gov.com/recreation](http://c3gov.com/recreation).

## 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 enjoyment, 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's reach by an adult age 18 or over.
  - A person age 16 or older must remain on the pool deck and directly supervise any child between the ages of 6-11 in the pool.
  - Children age 12 and older may swim without adult supervision.
  - A swim test must be passed by any patron wishing to swim in the deep end regardless of age.
  - Children who are not toilet trained must wear swim diapers.

### Additional guidelines:

- Changing clothes on deck is prohibited.
- Acceptable personal pool equipment includes noodles, kickboards, beach balls, dive sticks, other soft balls, and infant inflatable's with a seat in the bottom; however use of all items is up to the discretion of the lifeguard.
- Flotation devices are not allowed in any area where the user cannot touch the bottom of the pool.
- Use of facility aquatic equipment is not allowed during open swim times.
- Diving is only allowed in the 9ft area.
- No running.
- All swimmers must shower before entering the pool area.
- Food, gum, alcohol, and glass containers are not allowed in the pool area. Drinks in sealable, spill proof containers are permitted.





# ACTIVITIES

Swim on your schedule



## Open Swim

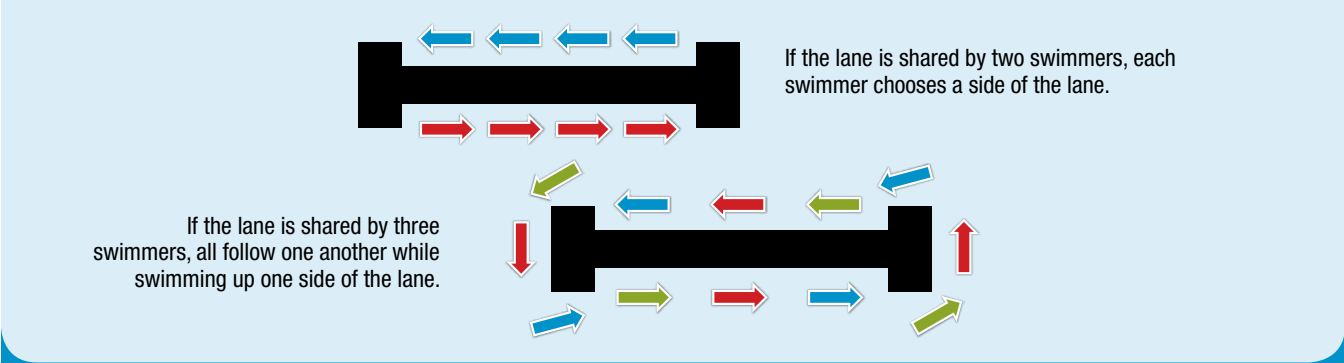
Open to all ages. The slide is available upon request.

## Lap and Adult Swim

Ages 16 and up. 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 p.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 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. 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.	8 a.m. 1:30 p.m.	8 a.m. 11:30 p.m.

*\*Limited lane availability due to other programs.*



## POOL ACCESSIBILITY

Access to 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.



## WHAT ARE THE 6 PROGRAM LEVELS?

### Level 1 Water Adjustment

is appropriate if your child:

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

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

### Level 2 Fundamentals

is appropriate if your child:

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

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

### Level 3 Independent Swim

is appropriate if your child:

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

*~ Combines breathing, stroke technique and distance swimming.*

### Level 4 Stroke Techniques

is appropriate if your child:

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

*~ Builds endurance and improves stroke techniques.*

### Level 5 Stroke Mechanics

is appropriate if your child:

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

*~ Refines strokes in preparation for competitive swimming.*

### Level 6 Swim Team Prep

is appropriate if your child:

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

*~ Focuses on endurance and competitive swimming skills.*

### 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 such as floating, breath control, the front crawl, and water safety.

See pages 28-30 for  
lesson fees and schedule.





# GROUP LESSONS



## MONDAY/WEDNESDAY EVENING SWIMMING LESSONS

Level	Class time	Session 1 1/9-2/8	Session 2 2/20-3/22	Session 3 4/3-5/3
Water Adjustment/Level 1 ages 3-5	4:30-4:55 p.m.	6101.105	6102.105	6103.105
	6-6:25 p.m.	6101.106	6102.106	6103.106
Fundamentals/Level 2 ages 3-5	5-5:25 p.m.	6201.105	6202.105	6203.105
	6:30-6:55 p.m.	6201.106	6202.106	6203.106
Fundamentals/Level 2 ages 6-12	4:30-5:15 p.m.	6211.106	6212.106	6213.106
	5:30-6:15 p.m.	6211.107	6212.107	6213.107
	6:30-7:15 p.m.	6211.108	6212.108	6213.108
Independent Swim/Level 3 ages 3-5	5:30-5:55 p.m.	6301.105	6302.105	6303.105
	7-7:25 p.m.	6301.106	6302.106	6303.106
Independent Swim/Level 3 ages 6-12	4:30-5:15 p.m.	6311.106	6312.106	6313.106
	5:30-6:15 p.m.	6311.107	6312.107	6313.107
	6:30-7:15 p.m.	6311.108	6312.108	6313.108
Stroke Techniques/Level 4 ages 6-12	4:30-5:15 p.m.	6401.103	6402.103	6403.103
Stroke Mechanics/Level 5 ages 6-12	5:30-6:15 p.m.	6501.103	6502.103	6503.103
Swim Team Prep/Level 6 ages 8-17	6:30-7:30 p.m.	6811.102	6812.102	6813.102

## TUESDAY/THURSDAY EVENING SWIMMING LESSONS

Level	Class time	Session 1 1/10-2/9	Session 2 2/21-3/23	Session 3 4/4-5/4
Water Adjustment/Level 1 ages 3-5	4:30-4:55 p.m.	6101.101	6102.101	6103.101
	6-6:25 p.m.	6101.102	6102.102	6103.102
Fundamentals/Level 2 ages 3-5	5-5:25 p.m.	6201.101	6202.101	6203.101
	6:30-6:55 p.m.	6201.102	6202.102	6203.102
Fundamentals/Level 2 ages 6-12	4:30-5:15 p.m.	6211.101	6212.101	6213.101
	5:30-6:15 p.m.	6211.102	6212.102	6213.102
	6:30-7:15 p.m.	6211.103	6212.103	6213.103
Independent Swim/Level 3 ages 3-5	5:30-5:55 p.m.	6301.101	6302.101	6303.101
	7-7:25 p.m.	6301.102	6302.102	6303.102
Independent Swim/Level 3 ages 6-12	4:30-5:15 p.m.	6311.101	6312.101	6313.101
	5:30-6:15 p.m.	6311.102	6312.102	6313.102
	6:30-7:15 p.m.	6311.103	6312.103	6313.103
Stroke Techniques/Level 4 ages 6-12	4:30-5:15 p.m.	6401.101	6402.101	6403.101
Stroke Mechanics/Level 5 ages 6-12	5:30-6:15 p.m.	6501.101	6502.101	6503.101
Young Adult/Level 6 ages 13-15	6:30-7:30 p.m.	6611.101	6612.101	6613.101

## NEW Swimming Lesson Fees

	M/W and T/Th Sessions		Saturday Session	
	Resident	Nonresident	Resident	Nonresident
25 min classes	\$20	\$28	\$10	\$14
45 mins classes	\$25	\$33	\$12.50	\$16.50
Swim Team Prep	\$30	\$38	\$15	\$19



# SWIMMING REGISTRATION

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



## SATURDAY MORNING SWIMMING LESSONS

Level	Class time	Session 1 1/14-2/11	Session 2 2/25-3/25	Session 3 4/8-5/6
Water Babies/ages 6-17mos	9-9:25 a.m.	6001.101	6002.101	6003.101
Parent Tot/ages 18mos-2yrs	9:30-9:55 a.m.	6001.102	6002.102	6003.102
Water Adjustment/Level 1 ages 3-5	9-9:25 a.m.	6101.103	6102.103	6103.103
	10:30-10:55 a.m.	6101.104	6102.104	6103.104
Fundamentals/Level 2 ages 3-5	9:30-9:55 a.m.	6201.103	6202.103	6203.103
	11-11:25 a.m.	6201.104	6202.104	6203.104
Fundamentals/Level 2 ages 6-12	10-10:45 a.m.	6211.104	6212.104	6213.104
	11-11:45 a.m.	6211.105	6212.105	6213.105
Independent Swim/Level 3 ages 3-5	10-10:25 a.m.	6301.103	6302.103	6303.103
	11:30-11:55 a.m.	6301.104	6302.104	6303.104
Independent Swim/Level 3 ages 6-12	10-10:45 a.m.	6311.104	6312.104	6313.104
	11-11:45 a.m.	6311.105	6312.105	6313.105
Stroke Techniques/Level 4 ages 6-12	9-9:45 a.m.	6401.102	6402.102	6403.102
Stroke Mechanics/Level 5 ages 6-12	10-10:45 a.m.	6501.102	6502.102	6503.102
Swim Team Prep/Level 6 ages 8-17	11 a.m.-Noon	6811.101	6812.101	6813.101
Adult/ages 16 & up	9-9:45 a.m.	6601.101	6602.101	6603.101

### Need to set up an online account?

- 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.

**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.

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

- Residents:
  - Session 1: Wednesday, December 28, 2016
  - Session 2: Monday, February 13
  - Session 3: Monday, March 27
- Nonresidents:
  - Session 1: Thursday, December 29, 2016
  - Session 2: Tuesday, February 14
  - Session 3: Tuesday, March 28

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

- Residents & Nonresidents
  - Session 1: Thursday, December 29
  - Session 2: Tuesday, February 14
  - Session 3: Tuesday, March 28

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

- Session 1: Wednesday, January 4
- Session 2: Wednesday, February 15
- Session 3: Wednesday, March 29

*Registration for residents opens one day earlier and available class space cannot be guaranteed.*



# SPECIALTY PROGRAMS



## Private and Semi-private Swim Lessons

Excel in swimming with one-on-one instruction. Days and times are arranged between student and instructor. Participants of all ability levels, ages 3 and up, are welcome. Private and semi-private lessons are limited to a maximum of 10 lessons per registration. To arrange lessons, call 303-289-3781.

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

## 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

*Cabana rentals for Paradise Island will be taken beginning April 1, 2017. Different pricing and policies will apply.*



## 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 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		





## Kinder Kids Preschool: Ages 4-5

Learning is always fun at the Kinder Kids preschool. In this state-licensed, continuous school-year program, children learn through small-group interaction and age-appropriate activities including art, music, movement, dramatic play and storytelling. Children that were 4-years-old by Oct. 1, 2016 are able to participate. Kinder Kids graduation is Thursday, May 18. Call 303-289-3659 for enrollment information.

Mon-Thur	9:30 a.m.-Noon	
7101.101	1/3-1/31	\$144/\$160
7102.101	2/1-2/28*	\$135/\$150
7103.101	3/1-3/23*	\$126/\$140
7104.101	4/3-4/27	\$144/\$160
7105.101	5/1-5/18	\$108/\$120

\*January 16 closed for Martin Luther King Day

\*February 20 closed for President's Day

\*March 27-30 no class for Spring Break

## Preschool Specialty Classes

A whole new set of exciting activities every week! These programs are designed to develop young children's skills through crafts, activities, games and social interactions.

Ages 3-5

Fri	10 a.m.-Noon	\$10/\$12/child
7201.101	1/6	Winter Wonderland
7201.102	1/13	Ocean Adventures
7201.103	1/20	Plant Power
7201.104	1/27	It's a Jungle Out There
7202.101	2/3	Purrfect Pets
7202.102	2/10	Space Explorers
7202.103	2/17	Music Makers
7202.104	2/24	Color Craze
7203.101	3/3	Dr. Seuss Birthday Week
7203.102	3/10	Bug Bungalow
7203.103	3/17	St. Patrick's Day Party
7203.104	3/24	Queens and Kings
7204.101	4/7	Barnyard Bonanza
7204.102	4/14	Silly Science
7204.103	4/21	All About Me
7204.104	4/28	Winged Things
7205.101	5/5	Jump, Dance, and Move
7205.102	5/12	Games Galore

## Lunch Bunch

An active, fun movement class. Participants eat lunch, followed by activities in the gymnastics room, gym, or outside in the park. Please pack a sack lunch for your child to enjoy with their friends. Ages 4-5

Wednesdays (except the first Wed. of each month)

Noon-1:30 p.m. \$10/\$12/child

7301.101	1/11
7301.102	1/18
7301.103	1/25
7302.102	2/8
7302.103	2/15
7302.104	2/22
7303.102	3/8
7303.103	3/15
7303.104	3/22
7304.102	4/12
7304.103	4/19
7304.104	4/26
7305.102	5/10

## NEW! Parent/Toddler Art Class

A professional artist teaches you and your little one how to create your very own, one-of-a-kind masterpiece! All materials and instruction are provided. Participants and parents eat lunch with their friends from Noon-12:30 p.m., followed by a 30-minute art class. Please bring a sack lunch for you and your child and wear clothes that can get messy.

First Wednesday of every month

Noon-1 p.m. Ages 2-5 and parent or guardian  
\$15/\$20 per parent/toddler pair

7401.101	1/4
7402.101	2/1
7403.101	3/1
7404.101	4/5
7405.101	5/3

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





# LET'S GO PLACES

Remix your routine with fun activities



## Cops vs. Kids Tournaments

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

Check in at 4 p.m. FREE		
1/20	Volleyball	Commerce City Recreation Center
2/17	Floor Hockey	Suncor Boys and Girls Club
3/17	Mini Golf	Commerce City Recreation Center
4/21	Futsal	Fairfax Park
5/19	Basketball	Reunion Recreation Center



## Middle School Madness

Come to the recreation center for video games, billiards, sports, music and fun. Grades 6-8

7-10 p.m.	\$2 per person	
Sat	1/14	
Sat	2/11	
Sat	3/11	
Sat	4/8	
Sat	5/13	Pool Party

## Game Room Drop-In

The recreation center game room is open for drop-in activities. The game room closes for the season on May 25, 2017. FREE

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

## Teen Nights Around Town

Enjoy an outdoor party with inflatables, games, sports and food. The best part is, it's all FREE. Ages 11-17

Wednesdays FREE 5-7:30 p.m.

4/26	Veterans Memorial Park
5/10	Fronterra Park
5/24	Pioneer Park



## Boxing

Boxing is fun and helps build self-confidence, teaches self-discipline and helps maintain a positive attitude. See your school resource officer or call 303-289-3674 for more information. Ages 11-18

Thur	4:30-7 p.m.	FREE
Date	Commerce City	Reunion
1/5-1/26	7901.102	7901.103
2/2-2/23	7902.102	7902.103
3/2-3/30	7903.102	7903.103
4/6-4/27	7904.102	7904.103



## Bike with a Cop

Bike with Commerce City Police officers and receive safety information and equipment. Don't have a bike? We will get you one for the class. FREE

Thur	3/30	11 a.m.
Commerce City Recreation Center		
Fri	4/28	9 a.m.
Adams City Middle School		

## Bike Rodeo

Learn about bike safety. We set up a mini "city" course with signs, obstacles, railroad crossings, and other hazards for children to learn the laws. No need to register. Just stop by! Ages 9-17 and siblings

Fri	5/26	10 a.m. – 1 p.m.	FREE
Adams City Middle School			

## Horse Trek

Learn about horse safety, care, grooming and responsibilities along with enjoying equine games and crafts. Ages 9-12

Sat	2/18-3/25 (6 Saturdays)
9 a.m. – 2 p.m. 7801.106	
Possible weather makeup date 4/1	



## Zombie Survival 101

Learn basic wilderness survival skills from wilderness instructors with a zombie twist. This is the prerequisite class for the June backpacking trip "Ultimate Survivor." Ages 11-17

Saturdays	4/15-5/20	9 a.m.- 3 p.m.
7801.101	\$30/\$45	

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

ACMCYA is an award that recognizes teenagers in grades 6-12, up to age 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. To nominate a teen, call 303-289-3674 for more information or download an application at [c3gov.com/epic](http://c3gov.com/epic).

## Youth Citizens Police Academy

Ready to take police camp to the next level? Want to know more about the work that law enforcement does? Learn more in this interactive, hands-on and engaging academy for those who want to experience the work of a police officer. Grades 9-12 (2017-2018 school year)

Mon-Fri	5/30-6/9	9 a.m. – 1 p.m.
FREE	Adams City High School, 7200 Quebec Pkwy.	

Application is available at [c3gov.com/epic](http://c3gov.com/epic). Turn in to your school resource officer or mail to Shannon Whitmer at 6060 E. Parkway Dr., Commerce City, CO, 80022.



## Youth and Teen Advisory Committee (YAC)

Work with city leaders, participate in volunteer projects, speak your mind about issues, plan and implement activities and provide leadership for your community. Application available at [c3gov.com/epic](http://c3gov.com/epic), or call 303-289-3674. Ages 11-18



Like us on Facebook

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



## LET YOUR INNER STAR SHINE



### Night of the Stars

Let your inner star shine! Calling all singers, dancers, musicians, actors, magicians, and more to compete in the Night of the Stars Talent Show. Winners from the local competition move on to compete against other cities at the state level. The entry fee covers the audition only and does not guarantee you a spot in the local show. By registering, you are eligible to audition at either location below. Rules can be found online at [www.c3gov.com/recreation](http://www.c3gov.com/recreation) by clicking on the events calendar. Participants must be able to commit to all dates. Grades K-12

Class	Auditions	Time	Location	Fee <i>(does not guarantee you a spot in the show)</i>
7801.104	Wed 2/8	5:30 p.m.	Commerce City Recreation Center 6060 E. Parkway Dr.	\$6 per person
	Thur 2/9	5:30 p.m.	Brighton Recreation Center 555 N. 11th Ave.	\$6 per person
	Rehearsal	Time	Location	
	Thur 2/23	6 p.m.	Armory Performing Arts Center 300 Strong St., Brighton, CO	
	Show Date	Time	Location	Tickets
	Sun 2/26	6 p.m.	Armory Performing Arts Center 300 Strong St., Brighton, CO	\$5 over the age of 3

### Night of the Stars State Talent Show

The first place winners from the local show move on to compete in the state wide talent show against multiple cities. Come out and support our local winners!

Sun 3/12 2 p.m. DL Parsons Theatre

11801 Community Center Dr., Northglenn

\$8 per person in advance/\$10 at the door  
(ages 3 and over)

Purchase tickets online at [cpra-web.org](http://cpra-web.org)



## BEAT BRAIN DRAIN

Stay active over school breaks

### Winter Break Field Trips

Make some memories during winter break with these fun-filled trips and swimming at the recreation center. Get the most from your school vacation when you join us on these exciting field trips! Lunch is not included in the trip price. Please bring a sack lunch, water bottle, swim suit, and towel with you. Ages 6-10

Wed/Thur	9 a.m.-5 p.m.	\$30/\$35 per trip
7501.301	Wed 12/21	Skate City
7501.302	Thur 12/22	Fiske Planetarium + Celestial Seasonings
7501.303	Wed 12/28	Ice Skating
7501.304	Thur 12/29	Denver Museum of Nature and Science + IMAX
7501.305	Wed 1/4	Boondocks
7501.306	Thur 1/5	Mid Air Adventures

### Spring Break Activities

#### Can You Dig It?

Learn all about fossils, followed by a trip to Dinosaur Ridge. Please bring your own sack lunch. Ages 5-7

Wed	3/29	9 a.m.-1 p.m.
7502.101		\$15/\$25 per person

#### Bikes and Rockets

Learn all about rockets through an interactive program from the Denver Museum of Nature and Science, followed by a 10-mile roundtrip bike ride to a local restaurant, where lunch is provided. Please bring your own bikes and helmets if you have them. No bike? Please call us at 303-289-3674 to reserve one for the trip, free of charge. Ages 8-12

Thur	3/30	9 a.m.-4 p.m.
7502.102		\$15/\$25 per person



# HAPPY CAMPER

Summer camp registration opens 2/22



## Summer Day Camps 2017 Information Meetings

It's never too early to start planning your child's summer activities. Commerce City offers a state-licensed and CCAP-approved summer camp for children ages 6-10 (School Age camp) and 11-15 (Adventure Trek camp). Below is important information and dates for the 2017 camps. Space is limited, trips subject to change.

**School Age Camp** Ages: 6-10

**Adventure Trek Camp** Ages: 11-15

### Registration Starts

Wed 2/22 5 a.m.

**Packet Assistance** (*Please come if you need help with the participant packet*)

Wed 3/1 6 p.m.

**Parent Meeting** (*Mandatory for all enrolled campers and parents*)

Tue 5/9 6 p.m. Commerce City Recreation Center, 6060 E. Parkway Dr.

### Camp Packets Due

Tue 5/9 9 p.m.

## School Age Camp

Mon-Fri 6/5-8/4 7 a.m.-6 p.m. \$120/\$145 per week *Space is limited* *Ages: 6-10*

Class #	Week	Date	Theme	Field Trip
7501.201	1	June 5-9	Carnival Extravaganza	Jump City
7501.202	2	June 12-16	Lost in the Jungle	Jungle Quest
7501.203	3	June 19-23	Mountain Madness	Boulder Reservoir and Planetarium
7501.204	4	June 26-June 30	Zootopia	Denver Zoo
7501.205	5	July 5-7*	America, The Beautiful	Apex Indoor Water Park
7501.206	6	July 10-14	Splash!	Brighton Oasis
7501.207	7	July 17-21	Denver Detectives	Adam's Mystery Playhouse
7501.208	8	July 24-28	Oceanic Adventures	Denver Aquarium
7501.209	9	July 30- August 4	Pirates vs Ninjas	Pirates Cove

## Adventure Trek Camp

Mon-Thur 6/5-8/3 7 a.m.-6 p.m. \$120/\$145 per week *Space is limited* *Ages: 11-15*

Rec Center	Second Creek	Week	Date	Theme	Field Trip
7601.201	7701.201	1	June 5-9	Vertical Ventures	Warrior Challenge Arena
7601.202	7701.202	2	June 12-15	Beach Bums	Stand Up Paddleboarding
7601.203	7701.203	3	June 19-22	Mountain Madness	Rock Climbing
7601.204	7701.204	4	June 26-June 29	Coloradical	Whitewater Rafting
7601.205	7701.205	5	July 5-6*	America, The Beautiful	Wings over the Rockies
7601.206	7701.206	6	July 10-14	Cowboys vs Aliens	Chatfield Stables Horseback Riding
7601.207	7701.207	7	July 17-20	Imaginarium	The Inventing Room
7601.208	7701.208	8	July 24-27	Camper's Choice	You Decide!
7601.209	7701.209	9	July 31-August 3	Denver Discovery	Elitch Gardens

\* Price prorated for shortened week.

Parents must complete the enrollment process prior to registering for camp. Enrollment packets can be downloaded for FREE at [www.c3gov.com/camp](http://www.c3gov.com/camp) beginning Feb. 22. Packets available at the first parent meeting on March 1 for \$10. Enrollment packets must be filled out completely and turned in before proceeding with registration.

Enrollment deadline is May 9. Registration is done on a first come, first-served basis and early enrollment is encouraged to guarantee placement. **Please call 303-227-2265 to apply for CCAP.**

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





# EXPLORE A PARK NEAR YOU



		AMENITIES														
		Skate Park	Sprayground	Futsal	Volleyball	Basketball	Multipurpose	Soccer Field	Football Field	Softball Field	Baseball Field	Playground	Picnic Area	BBQ Grill	Restroom	Shelter
COMMUNITY PARKS	VETERANS MEMORIAL PARK 6015 Forest Dr.											◆	◆	◆	◆	◆
	FAIRFAX PARK 6850 Fairfax Dr.			◆		◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
	MONACO PARK 5790 Monaco St.				◆	◆					◆	◆	◆	◆	◆	◆
	PIONEER PARK 5950 Holly St.	◆	◆			◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
NEIGHBORHOOD PARKS	FREEDOM PARK 6330 Oneida St.											◆	◆	◆	◆	◆
	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.											◆	◆			◆



## CONSTRUCTION SPRINGS INTO ACTION ON NEW RECREATION CENTER

The new recreation center is planned as a 106,000-square-foot facility that includes an indoor pool, multi-court gymnasium with an elevated walking/jogging track, a nearly 10,000-square-foot gymnastics area, weights/fitness area, dance/aerobics studio, rooftop balcony, a 300-person community room and a multi-generational lounge. See the floor plans and more details online at [c3gov.com/secondcreek](http://c3gov.com/secondcreek)

The groundbreaking ceremony was live-streamed on the Commerce City Facebook page and can be viewed at [facebook.com/CommerceCity](https://facebook.com/CommerceCity). **View more information about the city's capital improvement program at [c3gov.com/QCL](http://c3gov.com/QCL).**



*Local gymnasts joined members of city council to celebrate the groundbreaking of the city's new recreation center in October. Commerce City broke ground on the new recreation center near E. 112th Avenue and Potomac Street on October 15, celebrating the fourth project underway in the city's voter-approved capital improvement program.*



*Exterior rendering of new recreation center building.*

*Interior rendering of indoor leisure swimming pool at new recreation center.*





# FIVE PROJECTS IN FIVE YEARS THE BEST IS YET TO COME



This past June, Commerce City's \$137 million capital improvement program (CIP) reached the official halfway point of a five-year commitment to better the quality of life for residents through a series of parks, recreation and roads projects. The vision of achieving "5 projects in 5 years" was made possible by a 2013 voter-approved 1-percent sales and use tax increase for new parks, recreation and road projects.

The CIP is one of the city's biggest promises to residents. Through participation from residents, businesses, and city council, the vision of a Quality Community for a Lifetime is being realized through improved mobility, greater access and increased recreational opportunities. The city is committed to completing the first five projects by Jan. 1, 2019, with some significant milestones already achieved and many more on the way in the years to come.

To sign up for news alerts and learn more about the CIP, visit [www.c3gov.com/QCL](http://www.c3gov.com/QCL).







## 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.) There are trailheads with parking at E. 64th Ave. and York, E. 74th Ave. just west of the river, and another at E. 88th Ave. and Colorado Blvd. For more information about RTD's North Metro Rail Line visit [www.rtd-fastracks.com/nm\\_2](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 NEW bike and pedestrian map, featuring safe routes to schools, bike lanes, routes and safety information.

You can also explore your neighborhood park from home via Commerce City's website, [www.c3gov.com/parks](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.





# 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)*



# PLAY GOLF YEAR-ROUND

Winter rates begin November 2



## CELEBRATE THE NEW YEAR AT BISON GRILL

Spend New Year's Eve at the Bison Grill. Enjoy a four course prix fixe menu with a champagne toast. Call 303-289-7700 for menu and pricing.

Dec. 31, 2016 • 5:30-8:30 p.m.

### Book A Tee Time

- By the phone at 303-289-1500
- Online at [BuffaloRunGolfCourse.com](http://BuffaloRunGolfCourse.com)
- In person at 15700 East 112th Ave.

Sign up online at [BuffaloRunGolfCourse.com](http://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 East 112th Avenue  
Commerce City, CO 80022  
303-289-1500

### Golf Course Hours\*

Sunrise - sunset

### Driving Range Hours\*

Sunrise - one hour prior to sunset

\*Weather permitting.

### Winter Rates

Nov. 2, 2016 - March 13, 2017

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

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

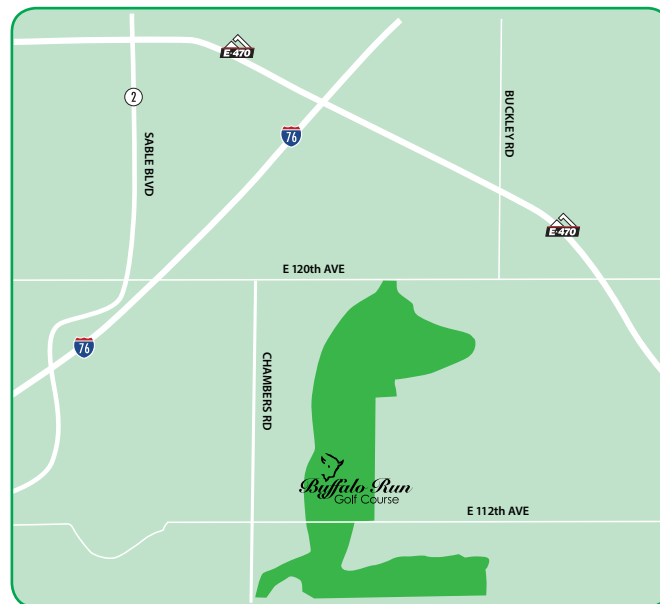
### Senior Appreciation Day

(all day Monday; holidays excluded)

9 Hole	18 Hole
\$10	\$20

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

For more information on Special Twilight Rates,  
call 303-289-1500 or visit [BuffaloRunGolfCourse.com](http://BuffaloRunGolfCourse.com)



## Gift Certificates Make Great Holiday Presents!