



COMMERCE CITY PARKS, RECREATION AND GOLF GUIDE

SUMMER 2021

Registration opens April 6

c3gov.com/recreation



BUFFALO RUN CELEBRATES 25 YEARS OF GOLF!

Details on page 19

IMPORTANT SUMMER CAMP DATES INSIDE

Details on page 30

Find us on:

 facebook.com/commercecityparksrecgolf

 instagram.com/commercecityparksrecgolf

COVID-19 UPDATES

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

Registration Process for Swimming and Fitness Classes

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

Registration Process for Basketball and Racquetball Areas

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

Check-In Process

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

Health & Safety Measures

- Masks are required while in the facilities and lobby areas. Masks/cloth face coverings and maintaining social distancing (remain six feet apart) are REQUIRED while participating in physical activity and at all other times in the center.
- Staff follows up-to-date guidance by the CDC on hygiene and protective measures to ensure the safety of the public and employees
- Fitness Floor equipment has been spread out, rearranged, and/or limited in order to assist in social distancing efforts.
- Reminders, guidelines, and announcements regarding new health and safety precautions, expectations, and requirements will be visible throughout the facility
- Disinfecting wipes, disinfecting chemicals, and hand sanitizers will be available for use throughout the facility
- Where additional social distancing measures are needed (i.e. entryway and fitness floor) floor markers will be present to assist in 6-foot distancing.
- Only staff feeling healthy will be permitted to work and ALL Bison Ridge Recreation Center and Eagle Pointe Recreation Center staff will be required to check-in and have their temperature checked prior to the start of each shift.

- Please do not visit the facility if you are sick
- All vulnerable individuals should consider staying at home as much as possible.

Additional Facility Requirements

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

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

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

Pool Requirements

Bison Ridge Pool:

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

Eagle Pointe Pool:

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

Eagle Pointe/Bison Ridge Gymnasiums:

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

Closed Recreation Center Amenities

- Child watch
- Lobby and soft seating spaces
- Technology Lab
- Game Room (Eagle Pointe)
- Active Adult Center (Eagle Pointe)
- Steam Room (Eagle Pointe)
- Equipment checkout at the front desk

BISON RIDGE RECREATION CENTER
 13905 E. 112th Ave.
 Commerce City, 80022
 Phone: 303-286-6800
 Registration: 303-286-6801

EAGLE POINTE RECREATION CENTER
 6060 E. Parkway Drive
 Commerce City, 80022
 Phone: 303-289-3760
 Fax: 303-289-3783
 Registration: 303-289-3789

BISON RIDGE AND EAGLE POINTE HOURS
 Mon-Fri 5 a.m. – 9:30 p.m.
 Sat 7 a.m. – 7 p.m.
 Sun 8 a.m. – 5:30 p.m.

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

BISON RIDGE AND EAGLE POINTE CLOSURES
Apr. 4: Easter, EP & BR closed all day
May 31: Memorial Day, EP & BR closed all day
July 4: Independence Day, EP & BR closed all day
Aug. 23-Sep. 3: BR closed for facility maintenance
Sep. 6: Labor Day, EP & BR close at 1 p.m.
Sep 7-17: EP closed for facility maintenance

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

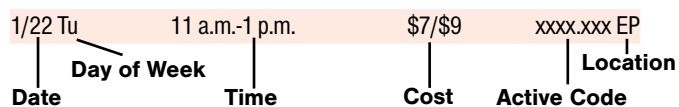
DEPARTMENT STAFF
 Carolyn J. Keith
CPRP, Director
 Chad Redin
Recreation Manager
 Paul Hebinck
PGA, Golf Manager

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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:



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

POLICIES

Code of Conduct

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

Non-Discrimination Policy

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

Personal Training Policy

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

People with Disabilities

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

Personal Release Statement

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

Photo Policy

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

Refund Policy for Classes

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

Area Employee Discount

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

Scholarship Programs

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

Donations

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

2021 RECREATION CENTER FEES

	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
Daily	\$4	\$5	\$6.25	\$5
Resident w/Play Pass	\$1	\$2	\$4	\$2
Corporate w/Play Pass			\$5	\$3.50

Resident Rates	20-visit	Monthly	Annual
Individual Adult	\$64	\$32	\$200
Individual Child, Age 3-7	\$16	\$8	\$62.50
Individual Youth, Age 8-17	\$32	\$16	\$125
Individual Senior, Age 62+			\$12
Household of two			\$300
Household of four*			\$450

*Each additional person \$30

Military Discount (Active and Disabled Veteran) Free*
See details on page 4

Nonresident Rates	20-visit	Monthly	Annual
Individual Adult	\$100	\$50	\$390
Individual Child, Age 3-7	\$64	\$32	\$250
Individual Youth, Age 8-17	\$80	\$40	\$312.50
Individual Senior, Age 62+	\$80	\$40	\$312.50
Household of two			\$640
Household of four*			\$952.50

*Each additional person \$35

Corporate Rates **\$80** **\$40** **\$312.50**

* Household consists of at least one parent or legal guardian and dependent family members 23 years and younger all living in the same home. Adult siblings, grandparents, grandchildren, aunts/uncles and cousins do not fall under the classification of a household.

20-visit punch passes expire one year from the date of purchase and refunds will not be provided for unused punches.

Child Watch

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

The recreation Play Pass is one card with these great benefits

- One card, MEGA options: Use one card for your punches, passes or memberships at BOTH recreation centers - Eagle Pointe and Bison Ridge
- Save more: Commerce City residents can take advantage of discounted daily admission fees at both recreation centers and Paradise Island pool with the Play Pass card

How to purchase the play pass

- Passes are currently sold at both recreation centers.
- Recreation Play Passes are \$5 for residents and \$6 for corporate members
- Proof of residency is required for resident play pass
- Proof of age is needed to purchase or renew a card
- Youth ages 3-15 must have a parent or guardian complete their registration
- Cards are valid for two years; no refunds
- Lost cards can be replaced for \$5 per card

Residency qualifications

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

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

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

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

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

Active Military Membership Benefits

Commerce City residents who are active members of the U.S. Armed Forces or Merchant Marines, or Reserve or National Guard members on active orders, and their immediate family (spouse and minor children or legal wards), may obtain a free annual membership to the Bison Ridge, Eagle Pointe, and Paradise Island recreation facilities.

To obtain or renew a free annual membership, the following must be provided:

- Proof of active military service.
- Proof of residency in Commerce City:
- Utility bill (gas/electric, telephone or water) with city address OR
- Voter registration with city address OR
- Car registration or insurance with city address
- Proof of active orders (for National Guard/Reserves).

Disabled veteran membership benefits

Commerce City residents who were honorably discharged from U.S. Armed Forces and have a 50% or greater service-connected disability rating may obtain a free annual membership (individual only) to the Bison Ridge, Eagle Pointe, and Paradise Island recreation facilities. To obtain a free annual membership the veteran must provide at time of membership:

- Proof of military service and discharge (military identification or DD214).
- A letter from Veteran Affairs, dated no more than 60 days prior to application or renewal, indicating that the individual's combined service-related disability rating is at least 50% (*this letter will be returned to the applicant and not retained by the city*).
- Proof of residency in Commerce City:
- Utility bill (gas/electric, telephone or water) with city address OR
- Voter registration with city address OR
- Car registration or insurance with city address



Two easy ways to register!



Phone

Bison Ridge 303-286-6801
Eagle Pointe 303-289-3789



Online Registration with Active

Active allows you to search, register and pay for programs and leagues on any computer, tablet or smart phone.

1. Visit www.c3gov.com/register
2. Request an account online or sign-in using existing account information with log-in link in upper right-hand corner. Please note account approvals can take up to 24 hours to process, excluding holidays and weekends. To add additional family members to your online account, please call or visit one of the recreation centers.
3. Once logged in, click the "Activities" tab and search for course number or class title. Proceed to checkout and enter credit card information.
4. Select the class and then click the green "Add to My Cart Button."
5. Select the participant's name and then click "Continue."
6. Take a minute to review your order and print your receipt.

Want to know when classes are and the registration code?

Under each course description, specific information includes:

1/21	Tu	12-1:30 p.m.	\$7/\$9	1234.101 BR
Date	Day of Week	Time	Cost	Active Code

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

PARADICE ISLAND AT PIONEER PARK



For your enjoyment, please be prepared to observe the following safety guidelines and pool policies during your visit:

Paradice Island will open for the 2021 Summer Season with capacity restrictions.

Float down the lazy river, zoom down three water slides, or get your game on in the sport pool. There are spray features for the little ones at the toddler pool, while kids of all ages have a blast in the game-themed leisure pool.

HOURS

Open 10 a.m.-6 p.m. Daily

May 29 - August 15: 7 days a week

August 21 - August 29: Weekends Only

Sept 4, 5, 6

Pool closes for the season Sept 6.

Beginning August 11, the pool will be closed weekdays; open weekends only.

Reservations required for entry. No drop in participants will be admitted.

For more information on Paradice Island capacity, reservations, and operations, please see the city's website at www.c3gov.com/recreation.

Reservations can be made online 3 days prior for Residents, and 2 days prior for Non-Residents.

To make reservations you must have an account in our registration system. Please call for assistance in creating an account. • Paradice Island 303-289-3769 • Bison Ridge 303-286-6801 • Eagle Pointe 303-289-3789

RESERVATION FEES

Child 0-2 FREE

Child 3-7 \$2

Youth 8-17 \$3

Adult 18-61 \$4

Senior 62+ \$3

Season Passes, and Multi-Visit Cards cannot be used to make reservations.

WEATHER POLICY

- Refunds will be granted in the event that the park closes due to inclement weather during, or anticipates being closed during a reservation timeslot. This includes rain, lightning, tornado warnings, and any other weather concern that makes the park unsafe for guests.
- Instructions from lifeguards and guest relations staff must be obeyed at all times
- Please be courteous. Foul language, fighting or abusive behavior will not be tolerated and will result in immediate ejection from the park.

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 (Type III PFD Coast Guard Approved). Water wings, floatation suits, and swim trainers are not allowed.

AGE AND HEIGHT REQUIREMENTS

- Children age 5 and younger must be accompanied in the water and within arm's reach by an adult age 18 or over.
- Children between the ages of 6-11 must be actively supervised by a person age 16 or older.
- Children age 12 and older may swim without adult supervision.
- Children who are not toilet trained must wear swim diapers.
- Guests must be 48" or taller to ride the slides.

PARADICE ISLAND CABANA RENTALS

Reservations for cabana rentals can be made 3 days in advance, of reservation date. Admission reservations required prior to reserving a Cabana. Fees are for cabana rentals only, and do not include admission to the park.

Cabana 3: 4 picnic tables; seats 24; max capacity 32

Cabanas 4-7: 2 round tables and 7 lounge chairs; seats 15; max capacity 23

Cabanas 8-11: 2 picnic tables; seats 12; max capacity 20

To reserve a cabana, call: 303-289-3769



PARKS AND RECREATION AMENITIES ARE OPEN

PIONEER PARK SKATE PARK

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

PLAYGROUNDS/PICNIC SHELTERS

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

SPORTS FIELDS/COURTS

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

FIRST CREEK DOG PARK

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

Bison Grill at Buffalo Run Golf Course

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

CURBSIDE PICK UP AND NEW WEEKLY SPECIALS NOW AVAILABLE!



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

303-289-7700

ACTIVE ADULTS

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

Events

35TH ANNUAL PANCAKE BREAKFAST: CURBSIDE PICKUP

Join Commerce City Staff for this nontraditional 35th annual pancake breakfast curbside meal catered by Commerce City's own Bison Grill! On the menu for this tasty breakfast are three pancakes, two sausage links, one fruit cup, and sweet maple syrup all for \$9. This is a family affair, so tell everyone you know! Breakfast will be served to-go style. Bring cash to participate in our drive-by raffle prize station where you will drop your raffle tickets in your desired prize bucket. Raffle tickets will be one for \$1 or six for \$5. Prizes will include gift cards for meals at Bison Grill, passes to both the city's recreation centers, gift baskets, and more! Check the May On the Move newsletter and our social media pages for a complete list of prizes. Buy your meal tickets in advance at the Eagle Pointe Recreation Center, by calling 303-289-3789 or online at c3gov.com/register.

5/1 Sat 8-9:30 a.m. \$9 per meal 4601.208 EP

COFFEE WITH COMMERCE CITY PARKS, RECREATION, AND GOLF STAFF

The coffee is on us! Sip on coffee while finding out more about the incredible staff members of the Commerce City Parks, Recreation, and Golf department. In these coffee talks, you will get to know staff, learn more about their jobs, what they do in their spare time and, about all the great programs and things happening in your city. Coffee spots are limited, and registration is required. Staff will enforce social distancing guidelines.

COFFEE WITH ZACH VENN- COMMUNITY CONNECTIONS AND INCLUSION SERVICES SUPERVISOR

Come share a cup of joe with Zach Venn. Hear how his history of being a pool rat led him down this career path; marvel at how one person can be in possession of so much meaningless pop culture nerd trivia; and, maybe even laugh at some of his experiences going to school in Egypt, touring the US playing in bands, and definitely be regaled with details of his home life with his 3 kids.

5/6 Th 9-10 a.m. Free 4601.201 EP

COFFEE WITH ALEX VAN ZANTE- FACILITIES COORDINATOR AT EAGLE POINTE

Have a cup of coffee and get to know Alex Van Zante, the Facilities Coordinator for Eagle Pointe! Learn about all things Alex; including his love of the outdoors and travel, his time in Singapore, his knack for trivia, and how he ended up here in Commerce City.

6/3 Th 9-10 a.m. Free 4601.205 EP

NATIONAL DAY SERIES

Come and discover new and exciting days that everyone can celebrate! Join friends and Active Adult Staff as we recognize national days in May and June! Registration is required to attend each of the festivities. We will only have a limited number of spots available. Participants at each event must follow social distancing guidelines.

NATIONAL COCA-COLA DAY

Join us as we celebrate National Have a Coke Day! We will celebrate the day with an ice-cold Coca-Cola, some fun soda pop trivia, and an incredible documentary that takes viewers to the farthest corners of the globe to discover how Coke made itself one of the most recognized brands on the planet! Registration is required to attend, and spots are limited.

5/7 F	11 a.m.-12:30 p.m.	\$6/\$8	4601.203 EP
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NATIONAL CHEESE DAY

The earliest record of cheese making dates back to 5,500 BCE in what is now Poland. Today there are over 1,400 varieties of cheese and many more ways to enjoy it. There are many ways to celebrate National Cheese Day, but join us to sample a selection of cheeses with crackers, play cheese-themed trivia, and watch a PBS documentary that follows four Wisconsin cheese companies as they attempt to be on the leading edge of cheese making and reach their goal of winning the world cheese competition!

6/4 F	11 a.m.-12:30 p.m.	\$6/\$8	4601.204 EP
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SUMMER STROLLS

Summer sunshine calls for some spectacular strolls around Commerce City! Join friends for some light exercise and a bunch of summer fun. Please bring a water bottle and be ready to walk unassisted for 30-45 minutes. We will be stopping for occasional water breaks. Staff will ensure participants will be practicing current safety guidelines throughout the walk. Registration for walks will be required and is on a first-come, first-serve basis. Once you are registered, staff will confirm the exact meetup spots at each location.

5/11 Tu	9-10 a.m.	FREE	4601.232 BR
5/25 Tu	9-10 a.m.	FREE	4601.233 Pioneer Park
6/8 Tu	9-10 a.m.	FREE	4601.234 Fronterra Park
6/22 Tu	9-10 a.m.	FREE	4601.235 Fairfax Park
7/13 Tu	9-10 a.m.	FREE	4601.236 River Run Park
7/27 Tu	9-10 a.m.	FREE	4601.237 Prairie Gateway Open Space
8/10 Tu	9-10 a.m.	FREE	4601.238 Turnberry Park
8/24 Tu	9-10 a.m.	FREE	4601.239 Sand Creek Trail

PICNIC IN THE PARK

Join staff for a light-hearted early afternoon picnic in the park. Please bring a sack lunch and drink to enjoy while catching up with friends. Space for this drop-in activity is limited and, registration is required. Staff will enforce social distancing guidelines.

5/13 Th	10-11:30 a.m.	Free	4601.240 Veterans Memorial Park
6/10 Th	10-11:30 a.m.	Free	4601.241 Monaco Park
7/8 Th	10-11:30 a.m.	Free	4601.242 Fairfax Park
8/12 Th	10-11:30 a.m.	Free	4601.243 Pioneer Park

BUCKET LIST FUN

Ever wonder what others have placed on their bucket list? We will watch the Bucket List movie to spark ideas for a bucket list, and then the group will share the items on their bucket list! This will be a fun idea-sharing activity. Space for this activity is limited and, registration is required. Staff will enforce social distancing guidelines.

5/14 F	10 a.m.-1 p.m.	\$4/\$5	4601.206 EP
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TUESDAY MOVIE MATINEES

Take a break from the hot summer sun and cool off indoors with an afternoon movie! Enjoy time with friends and Active Adult Staff while reminiscing with some of these 80's classics! Join us at Eagle Pointe on the third Tuesday every month as we social distance and screen a movie! See the "On the Move" newsletter or call 303-289-3720 for that day's film. Seating is limited and registration is required. Please bring a drink. Any snacks distributed will adhere to current safety recommendations.

5/18 Tu	1-3 p.m.	\$4/\$6	4601.224 EP
6/15 Tu	1-3 p.m.	\$4/\$6	4601.225 EP
7/20 Tu	1-3 p.m.	\$4/\$6	4601.226 EP
8/17 Tu	1-3 p.m.	\$4/\$6	4601.227 EP

FRIDAY BINGO AT EAGLE POINTE

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

5/21 F	1-2:30 p.m.	\$5/\$7	4601.228 EP
6/18 F	1-2:30 p.m.	\$5/\$7	4601.229 EP
7/16 F	1-2:30 p.m.	\$5/\$7	4601.230 EP
8/20 F	1-2:30 p.m.	\$5/\$7	4601.231 EP

4TH OF JULY BBQ AT VETERANS MEMORIAL PARK

Summer is for BBQ, friends, and outdoor fun! Join us for a traditional BBQ to celebrate our nation's birthday. Wear your red, white, and blue, and be ready to have a blast. Brush up on your American history for our trivia contest. We will enjoy hamburgers, hot dogs, yummy sides, and more! This is one tasty meal you will not want to miss! Active Adult Staff will prepare and serve the food. Social distancing measures will be in place. Registration for this event is required. Please register by 6/28.

7/2 F	10-11:30 a.m.	\$9/\$11	4601.202
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2021 ACTIVE ADULT SUMMER OLYMPICS - 50 YEARS AND OLDER

This summer you too can compete for the gold in the Active Adult Summer Olympics! This weeklong event will include one to three events each day ranging in different levels of activeness. The more events you attend, the more chances you have to win! And no Olympics would be complete without a closing ceremony, join us for a lunchtime barbeque to celebrate the week and everyone's valiant efforts! Get full schedule and location of events at the front desk of Eagle Pointe or Bison Ridge.

8/2 M	Swimming	8:30-9:30 a.m.	\$10/\$12	3161.201 BR
8/2 M	Wii Golf	10:30-11:30 a.m.	\$5/\$7	4601.209 EP
8/3 Tu	800M Run/Walk	9-10 a.m.	\$10/\$12	3162.201 BR
8/3 Tu	Billiards Tournament 1-4 p.m.		\$5/\$7	4601.210 EP
8/4 W	Weight Lifting	11 a.m.-Noon	\$10/\$12	3263.201 BR
8/4 W	Chair Volleyball	9-10 a.m.	\$5/\$7	4601.211 EP
8/5 Th	Relay Races	11 a.m.-Noon	\$10/\$12	3164.201 BR
8/5 Th	Wii Bowling	9-10 a.m.	\$5/\$7	4601.212 EP
8/6 F	Closing Ceremony Celebration	11 a.m.-1 p.m.		
			\$12/\$14	4651.201 BR

2021 ACTIVE ADULT SUMMER OLYMPICS CLOSING CEREMONY

This summer we brought the Olympic games to you and no Olympics would be complete without a closing ceremony! Join Fitness and Active Adult Staff for a lunchtime BBQ to celebrate the week and everyone's valiant efforts. Meet new friends, play yard games, and enjoy the summer sun and a tasty BBQ lunch. We will enjoy hamburgers, hot dogs, yummy sides, and more. Everyone is welcome to join this celebration. Staff will prepare and serve the food. Social distancing measures will be in place. Registration for this event is required. Spots are limited so sign up early!

8/6 F	11 a.m.-1 p.m.	\$12/\$14	4651.201 BR
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ACTIVE ADULTS ON WEIGHTS- 50 YEARS AND OLDER

You DO NOT need weights for this class! Strength training improves bone health, posture, balance, and ability to do everyday activity. Learn practical tips for a healthy diet that supports your strength and fitness. We use a variety of progressive strength training methods including exercise machines, resistance tubing, free weights, and body weight exercises. Taught by a certified personal trainer. Offered both virtually and in person!

6/1-6/22 Tu	10-11 a.m.	\$25/\$30	3172.201 BR
7/13-8/10 Tu	10-11 a.m.	\$25/\$30	3171.201 BR

WATER BALLOON PALOOZA

Throw, burst, splash, or just squish! What person doesn't enjoy a water balloon in the hot summer? Since its invention in 1950, backyards haven't been the same. Whether people compete in the Longest Toss or take sides in a good water balloon fight, the fun lasts all summer long. Besides keeping cool, water balloons are an excellent way to expend a little energy, too. Join friends and Active Adult staff for a water

balloon palooza you won't want to miss! We will play water balloon games, enjoy the sunshine, and eat a cold sweet treat! Spots will be limited and registration is required.

8/27 F	10-11:30 a.m.	\$5/\$7	4601.207 EP
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CLASSES

SENIOR PLANET: ALL THINGS ZOOM

Curious why Zoom has become everyone's go-to video conferencing software? This lecture will go over how to use Zoom to chat with friends & family, and take virtual classes with Senior Planet! You'll learn about useful Zoom features, whether you're connecting with an iOS, Android, or Windows device. The lecture will also go over security considerations and give tips on how to look your best during a video chat.

7/29 Th	10-11:30 a.m.	FREE	4701.201 EP
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ACTIVE NET CLASS WITH DENISE KAZA REGISTRATION COORDINATOR

Struggling to register for our incredible Active Adult programs online? Well never fear, our amazing Registration Coordinator, Denise Kaza is here to help! Denise is a long-time Commerce City resident who has been working with the city for 23 years. For the last 5 years, she has been working behind the scenes with the Activenet system and is our Activenet expert. Everyone is welcome, but if you have one, please bring your device (smartphone, tablet, or laptop) and your email address. Denise will walk you through all the steps you need to register for programs. Since fall registration opens when this class meets, Denise will help you register for all the upcoming fall outings you want! Registration is required to attend this class.

8/3 Tu	9:30-11 a.m.	FREE	4701.203 EP
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DRIVER SAFETY

In this class, brought to you by AARP, you will learn defensive driving techniques, new traffic laws, rules of the road, and how to deal with aggressive drivers. Course participants may be eligible to receive an insurance discount. (Consult your insurance agent for further details). Payment is due to the instructor on the day of class. Registration is required. Class participants must follow social distancing guidelines.

8/31 Tu	8:30 a.m.-Noon	\$15/\$20 (due to instructor day of class)	4701.202 EP
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LINE DANCE AT BISON RIDGE

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

Beginner 9-10 a.m.

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

CERAMICS AT EAGLE POINTE

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

Every Tuesday 9 a.m. - Noon

TRIPS**TRAVEL SERIES: ROAD TRIP AT BISON RIDGE**

This summer our travel series is virtually hitting the road and heading west! Even though our trips have been limited and traveling is still difficult, we are still getting our travel fix the safest way we can! Since COVID-19 has changed our world, we have virtually visited all seven continents, taken tours around Botswana, Ireland, and New Zealand, and now this summer we are staying close to home and taking some road trips to the western United States. We are going to experience everything road trips have to offer in a safe and controlled environment! Each trip we go on comes with a souvenir or treat from our designated state! Each experience has a limited number of spaces available, so sign up early. Travel participants must follow social distancing guidelines and other safety measures put in place by staff.

New Mexico: First stop on this road trip is a state with some of the most diverse landscapes in the Nation. New Mexico is more than just a desert, the state is home to snow-capped 13,000 ft peaks, wildflower fields as far as the eye can see, as well as sand dunes and extensive prairies. Come see what brought Billy the Kid, the makers of the atomic bomb, and perhaps even visitors from far away galaxies to New Mexico.

5/20 Th	1-2:30 p.m.	\$6/\$8	4651.202 BR
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Arizona: Home to Grand Canyon National Park, one of the Seven Natural Wonders of the World, as well as to 15 baseball teams for preseason, and the only desert that the iconic saguaro cactus grows, Arizona is a year-round destination. Sunny skies and low humidity prevail 300 days a year across the state. Join friends as we explore Arizona's remarkable history and its awe-inspiring landscapes, spectacular sunsets, and infamous gunfights.

6/17 Th	1-2:30 p.m.	\$6/\$8	4601.203 BR
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Utah: Named for the Ute Indians and meaning "people of the mountains", it is certainly a fitting name. The average snowfall in the mountains near Salt Lake City is 500 inches every year and Utah hosted the 2002 Winter Olympics. Come along as we roam from the extraordinary peaks of Arches National Park to the blinding terrain of the Bonneville Salt Flats, Utah has a beauty that you must see to believe.

7/22 Th	1-2:30 p.m.	\$6/\$8	4651.204 BR
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Nevada: Pronounced "Nev-ADD-ah" and not "Nev-AH-dah. Nevada is home to the Hoover Dam, Lake Tahoe, and over 150,000 hotel rooms -more than anywhere else on the planet. On this final stop of our road trip come with us to discover the highs and lows of Nevada's history, and the booms and busts that have come to define it.

8/19 Th	1-2:30 p.m.	\$6/\$8	4651.205 BR
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DINERS, DRIVE-INS, AND DIVES CURBSIDE

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

6/11 F	11 a.m.-12:30 p.m.	\$15/\$17	4601.214 EP
Blue Pan Pizza			

8/13 F	11 a.m.-12:30 p.m.	\$15/\$17	4601.215 EP
The Bagel Deli and Restaurant			

FARMERS MARKET TRIP

Join Active Adult Staff on a venture to a local farmers market, only a short drive from the heart of Commerce City! Fresh, local food is the healthiest choice you can make for yourself, your family, and the local economy. Vendors will provide Colorado-grown produce, tasty baked goods, specialty meats, gourmet food items, and more. We will meet at the farmers market located at Founders Green (7601 29th Ave, Denver, CO 80238) and we will walk, shop, grab lunch, and enjoy the morning while seeing all that this summer market has to offer! Participants will drive themselves and will be on their own for lunch, but we will enjoy lunch together. Participants must follow social distancing guidelines and wear a mask at the market. Registration is required to attend and this trip has a limited number of spaces available, so sign up early!

7/18 Su	10 a.m.-Noon	FREE	4601.213
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HISTORIC HOME TOURS

Rich in history, learn of famous homes and their owners from around the world. Registration is required.

5/5 M	10 a.m.-Noon	\$4/\$5	4601.216 EP
Savanna's Historic Homes			

6/2 M	10 a.m.-Noon	\$4/\$5	4601.217 EP
Victoria Mansion, Portland OR			

7/7 M	10 a.m.-Noon	\$4/\$5	4601.218 EP
Windsor Castle, England			

8/4 M	10 a.m.-Noon	\$4/\$5	4601.219 EP
Highgrove House, England			

VIRTUAL TRIPS**Guggenheim Museum, New York**

Designed by Frank Lloyd Wright, one of the most influential architects of the 20th century, the Guggenheim Museum in New York is worth seeing for both its architecture and its art.

Take a look at the museum from outside to see its unique shape, and then step in to see how that shape is reflected in its central space. The main gallery is a spiral ramp; you can walk up/down to see every piece of art in a fluid motion.

Their virtual tour allows you to discover incredible works of art from the Impressionist, Post-Impressionist, Modern, and Contemporary eras.

artsandculture.google.com/partner/solomon-r-guggenheim-museum

Museu de Arte de Sao Assis Chaateubraid, San Paulo, Brazil

Located in São Paulo, Brazil, the Museu de Arte de São Paulo (MASP) is worth seeing for both its architectural style and its artwork display.

This non-profit museum is not only Brazil's first modern museum but also one of the most important art museums in the Americas.

The artwork in this museum is displayed on clear perspex frames, making it seem like they are hovering in midair. Take a virtual tour to see them for yourself.

artsandculture.google.com/partner/masp

Pergamon Museum, Berlin, Germany

As one of Germany's largest museums and one of the most important historical museums in the world, Pergamon has a lot to offer. And guess what, their virtual tour is just as expansive.

Ancient artifacts, including the Ishtar Gate of Babylon and the Pergamon Altar (from where the museum got its name), are kept here for us to admire.

artsandculture.google.com/entity/ Pergamon/m05tcm

COLORADO VIRTUAL TRIPS

Doing History, & Keeping the past is the motto for the University of Northern Colorado. The University offers virtual field trip learning opportunities from the safety of your home. Learn about the historic homes & stores in Georgetown, Colorado.

Georgetown Historic Homes

<https://www.unco.edu/hewit/pdf/doing-history/virtual-field-trips-georgetown-houses.pdf>

Georgetown Historic Stores

<https://www.unco.edu/hewit/pdf/doing-history/virtual-field-trips-georgetown-stores.pdf>

Drop In**LIFE ISN'T EASY**

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

5/3 M	10-11:30 a.m.	Free	4601.244 EP
5/17 M	10-11:30 a.m.	Free	4601.245 EP
6/7 M	10-11:30 a.m.	Free	4601.246 EP
6/21 M	10-11:30 a.m.	Free	4601.247 EP
7/5 M	10-11:30 a.m.	Free	4601.248 EP
7/19 M	10-11:30 a.m.	Free	4601.249 EP
8/2 M	10-11:30 a.m.	Free	4601.250 EP
8/16 M	10-11:30 a.m.	Free	4601.251 EP

THERAPEUTIC COLORING

Coloring has so many benefits for adults! Are you looking to reduce stress and anxiety? What about improving

focus and motor skills? Come take your mind off things and join us for some social distancing coloring! In this adult-focused group, we will color, chat, and spend time together safely. This group is free but will be requiring registration. Supplies are provided.

5/10 M	10-11:30 a.m.	Free	4601.252 EP
5/24 M	10-11:30 a.m.	Free	4601.253 EP
6/14 M	10-11:30 a.m.	Free	4601.254 EP
6/28 M	10-11:30 a.m.	Free	4601.255 EP
7/12 M	10-11:30 a.m.	Free	4601.256 EP
7/26 M	10-11:30 a.m.	Free	4601.257 EP
8/9 M	10-11:30 a.m.	Free	4601.258 EP
8/23 M	10-11:30 a.m.	Free	4601.259 EP

ART IN THE PARK AT VETERANS MEMORIAL PARK

Create a masterpiece in the park with friends and family. Show off your creativity while enjoying the beautiful weather Colorado has to offer! Projects include painting terracotta pots, bracelet making, rock painting, and paint by number landscape scenes. Space for this drop-in activity is limited and, registration is required. Staff will enforce social distancing guidelines. Supplies for one piece of artwork included in fee.

5/19 W	10-11:30 a.m.	\$10/\$11	4601.220
Terracotta Pot Painting			
6/16 W	10-11:30 a.m.	\$10/\$11	4601.221
Bracelet Making			
7/21 W	10-11:30 a.m.	\$10/\$11	4601.222
Paint by #'s Landscape			
8/18 W	10-11:30 a.m.	\$10/\$11	4601.223
Rock Painting			

DROP-IN WII BOWLING

Attention all bowling newbies, amateurs, and pros! The Active Adult Center is bringing Wii Bowling back! Join other bowling aficionados and Active Adult Staff for monthly bowling drop-in times on the Wii! Wii bowling has all the fun and excitement of real bowling, but it is low impact and accessible for all. Space for this drop-in activity is limited and, registration is required. Staff will enforce social distancing guidelines.

5/26 W	10-11:30 a.m.	FREE	4601.260 EP
6/23 W	10-11:30 a.m.	FREE	4601.261 EP
7/28 W	10-11:30 a.m.	FREE	4601.262 EP
8/25 W	10-11:30 a.m.	FREE	4601.263 EP

CHAIR VOLLEYBALL AT BISON RIDGE

Sit, Set, Spike! Join friends and get your blood pumping and your body moving with a rousing game of chair volleyball! Chair volleyball is played with a beach ball and a five-foot-high net. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle

tone, reflexes, hand-to-eye coordination, and endurance. Rules are similar to regular volleyball except cheeks stay in seats! Registration is required to attend and we will have a limited number of spots available.

6/12 Th	1-2 p.m.	Free	4651.206 BR
6/26 Th	1-2 p.m.	Free	4651.207 EP

Resources

VISITING NURSES

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

5/12 W	8:30 a.m.-4:30 p.m.	FREE	EP
6/9 W	8:30 a.m.-4:30 p.m.	FREE	EP
7/14 W	8:30 a.m.-4:30 p.m.	FREE	EP
8/11 W	8:30 a.m.-4:30 p.m.	FREE	EP

GROUNDWORK LIGHT YARD CLEAN-UP

Do you need help with light yard clean up? Denver Groundworks Commerce City Green Team is made up of 7 youth, ages 14 - 24. The focus of our Green Teams is environmental based projects focused in the neighborhoods they reside in. This includes yard clean ups to support the elders and the beauty of their community. Our team is available to help Seniors in the area, our season runs June 7 - August 1, 2021, 5 days per week. Please contact the Director of Youth Programs at Groundwork Denver to schedule a day and time starting in May. Kelly Shinn at kelly@groundworkcolorado.org or call (303) 455-5600 beginning May 1, 2021.

PET THERAPY PUPPY CAM

Pet therapy is a wonderful way to relieve the stress of everyday life. While we cannot bring the puppies to you in person, we can share the puppy cam with you to enjoy whenever you feel the need. Eat, sleep play, eat, sleep, play...you get the picture!

<https://duodogs.org/community/puppy-cam/>

THE SENIOR HUB

Phone: 303-426-4408

Email: info@seniorhub.org

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

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

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

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

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

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

S.H.O.U.T– a volunteer program that mobilizes community volunteers of all ages at the Senior Hub locations or through community partnerships, as well as volunteer training and volunteer toolkits. At the Senior Hub, we strive to provide current and purposeful resources and trainings that meet the needs of our aging adult communities on many levels. It is our mission to empower the lives of those we serve, to assist the families that support them, and to engage community partners that enrich our efforts.

MEDICARE 101

Chaundra Price helps older adults who have questions about the local Medicare health plan benefits and Part D prescription drugs. She also assists Medicare-eligible adults apply for Medicaid as well as Extra Help from Social Security. Chaundra is an independent licensed sales agent specializing in Medicare plans. Call 303-916-3068 or visit www.Medicare-Teacher.com to schedule a free benefits review.

MEDICARE HELP

I am a Local Medicare Sales Agent that represents several insurance carriers in Colorado, have over 20 years of Experience with Health Insurance policies. I can answer questions related to Medicare coverage Part A and Part B as well as options such as Medicare Supplement, Medicare Advantage, Part D and Medicare Savings Programs, my services are at no cost whether you are new to Medicare or have questions regarding your current Medicare Coverage whether it's regarding your Employer Policy, Retiree Coverage and what penalties may arise with these options. I am easy to reach, call me at 720-316-7645, e-mail tinaledesma.senior@gmail.com. I can meet over the phone, virtually, or in person using the Safety Protocols.

AQUATICS

POOL INFORMATION

Please observe these safety guidelines and policies during your visit

GENERAL INFORMATION

The pools at both Eagle Pointe and Bison Ridge are open:

M-F 5 a.m. – 8:30 p.m.

Sat 7 a.m. – 6:30 p.m.

Sun 8 a.m.-4:30 p.m.

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

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

SWIMMING SAFETY AND GUIDELINES

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

- No Running.
- Food, gum, alcohol, and glass containers are not allowed in the pool area. Drinks in sealable, spill proof containers are permitted.

- Pool Accessibility:
 - Both facilities feature an accessible lift and zero depth stairs with handrails. Bison Ridge has a zero depth area.
 - Eagle Pointe has an accessible ramp and an additional lift in the therapy pool area.

SWIMMING LESSONS

GROUP SWIMMING LESSONS

GROUP LESSONS LEVELS

FAMILY SWIM LESSONS:

is appropriate for your family if:

- You have 1 adult per 1 child
- You have a child(ren) who need lower level (1-4) instruction
- Some experience with lessons programs is helpful, but not required

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.

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 – 2 YEARS

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

Unsure which level is best for your child?

Call to speak with a swimming program specialist about your child's abilities or to schedule a free assessment. Eagle Pointe: 303-289-3711; Bison Ridge: 303-289-3669

For specific class days and times, please refer to class schedules listed on pages XX and XX in the brochure.

SWIMMING LESSON FEES

Mon-Fri, and Tue/Thu Sessions

45 min classes	R / \$33	NR / \$33
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Swim Team Prep	R / \$30	NR / \$38
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Wednesday and Saturday Sessions

45 min classes	R / \$12.50	NR / \$16.50
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Swim Team Prep	R / \$15	NR / \$19
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SWIMMING REGISTRATION DATES

The first day of registration for swimming lessons is for residents only and can only be done online. Non-resident, phone, and walk-in registrations will not be available until the day after online registration begins. Registration opens at 10:00 a.m. and will close at 5:30 p.m. on the last day of the registration period.

Swim Lesson Registration Dates for BR:

Mon-Fri AM Lessons

Session 1: May 24 – May 26

Session 2: June 21 – June 23

Session 3: July 19 – July 21

Tue/Thur PM and Saturday AM Lessons

Session 1: May 24 – May 26

Session 2: July 5th – July 7

Swim Lesson Registration Dates for EP:

Mon-Fri AM Lessons

Session 1: May 31 – June 2

Session 2: June 28 – June 30

Session 3: July 26 – July 28

Tue/Thur PM and Saturday AM Lessons

Session 1: May 31 – June 2

Session 2: July 12 – July 14

SPECIALTY OFFERINGS

C.A.R.A SWIM TEAM

The C.A.R.A swim team is a non-competitive, recreational team that focuses on fun, first and foremost. Secondary objectives include development of skills and sportsmanship, and encouraging all participants to do their best while assuring each swimmer experiences some degree of success.

- Registration: 4/1– 5/20
 - Team suits must be paid for within the registration time period. Refunds not available.
 - T-shirt size required a registration
- Dates: 6/2-8/9
- Ages: 6-18 years
 - Must be able to swim 25 yards front crawl with efficient side breathing technique.
 - Must have basic knowledge of back and breast strokes.
- Fees: \$70R / \$100NR
- Practice Times: Note: The first day of practice is a mandatory meeting for all parents and swimmers. The meeting will include parent and swimmer etiquette and expectations, swim meet information, and the creation of the team roster. Please attend this meeting so that you and your child will be prepared for a great summer!

Swim Meet Dates:

- 6/15 Home Meet @ Paradise Island – Paradise Island – 5951 Monaco St., Commerce City, CO 80012
- 6/29 @ APS (Bison Ridge Team only) Gateway High School – 1300 S. Sable Blvd., Aurora, CO 80012
- 7/14 @ Northglenn (Eagle Pointe Team only) – Northglenn Recreation Center – 11801 Community Center Dr., Northglenn, CO 80233

BISON RIDGE TEAM

M/W/F

4:30-6 p.m. 6851.201

6-7:30 p.m. 6851.202

11:30 a.m. – 12:30 p.m. 6851.203

EAGLE POINTE TEAM

M/W/F

4:30-6 p.m. 6801.201

6-7:30 p.m. 6801.202

AQUAFIT SCHEDULE

Ages: 16 and older for all classes

For the most up to date class schedule please visit: recreation.c3gov.com/classes-programs/fitness

PROGRAMS AND ACTIVITIES AT BISON RIDGE

Group Swimming Lesson Schedule

WATER BABIES AGES 6-17 MONTHS

6/5-7/3 Sa 5 wk 9-9:25 a.m. 6051.201

6/5-7/3 Sa 5 wk 9:45-10:10 a.m. 6051.202

7/17-8/14 Sa 5 wk 9-9:25 a.m. 6052.201

7/17-8/14 Sa 5 wk 9:45-10:10 a.m. 6052.202

FAMILY SWIM LESSONS (LEVELS 1-4 ONLY)

6/5-7/3 Sa 5 wk 9-9:45 a.m. 6951.201

6/5-7/3 Sa 5 wk 9:45-10:30 a.m. 6951.202

6/5-7/3 Sa 5 wk 10:30-11:15 a.m. 6951.203

6/5-7/3 Sa 5 wk 11:30-12:15 p.m. 6951.204

6/1-7/1 Tu/Th 5 wk 5:45-6:30 p.m. 6951.205

6/1-6/11 M-F 2 wk 9-9:45 a.m. 6951.206

6/1-6/11 M-F 2 wk 10-10:45 a.m. 6951.207

6/1-6/11 M-F 2 wk 11-11:45 a.m. 6951.208

7/17-8/14 Sa 5 wk 9-9:45 a.m. 6952.201

7/17-8/14 Sa 5 wk 9:45-10:30 a.m. 6952.202

NEED TO SET UP AN ONLINE ACCOUNT?

To set up an online registration account, visit apm.activecommunities.com/c3gov/Home

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

7/17-8/14 Sa	5 wk	10:30-11:15 a.m.	6952.203
7/17-8/14 Sa	5 wk	11:30-12:15 p.m.	6952.204
7/13-8/12 Tu/Th	5 wk	5:45-6:30 p.m.	6952.205
6/28-7/9 M-F	2 wk	9-9:45 a.m.	6952.206
6/28-7/9 M-F	2 wk	11-11:45 a.m.	6952.208
6/28-7/9 M-F	2 wk	11-11:45 a.m.	6952.209
7/26-8/6 M-F	2 wk	9-9:45 a.m.	6953.206
7/26-8/6 M-F	2 wk	10-10:45 a.m.	6953.207
7/26-8/6 M-F	2 wk	11-11:45 a.m.	6953.208

STROKE MECHANICS LEVEL 5 AGES 6-12

6/5-7/3 Sa	5 wk	10:30-11:15 a.m.	6561.201
6/1-7/1 Tu/Th	5 wk	5:45-6:45 p.m.	6561.202
6/1-6/11 M-F	2 wk	9-9:45 a.m.	6561.203
7/17-8/14 Sa	5 wk	10:30-11:15 a.m.	6562.201
7/13-8/12 Tu/Th	5 wk	5:45-6:45 p.m.	6562.202
6/28-7/9 M-F	2 wk	9-9:45 a.m.	6562.203
7/26-8/6 M-F	2 wk	9-9:45 a.m.	6563.203

LEVEL 6 / SWIM TEAM PREP AGES 8-17

6/5-7/3 Sa	5 wk	11:30-12:30 p.m.	6861.201
6/1-6/11 M-F	2 wk	10-11 a.m.	6861.202
7/17-8/14 Sa	5 wk	11:30-12:30 p.m.	6862.201
6/28-7/9 M-F	2 wk	10-11 a.m.	6862.202
7/26-8/6 M-F	2 wk	10-11 a.m.	6863.202

PROGRAMS AND ACTIVITIES AT EAGLE POINTE

LEVEL 5 - STROKE MECHANICS (AGE 6-12 ONLY)

6/7-6/18 M-F	2WK	10-10:45 a.m.	6501.203
6/8-7/8 Tu/Th	5WK	5:30-6:15 p.m.	6501.201
6/12-7/10 Sa	5WK	10-10:45 a.m.	6501.202
7/6-7/16 M-F	2WK	10-10:45 a.m.	6502.203
8/2-8/13 M-F	2WK	10-10:45 a.m.	6503.201
7/20-8/19 Tu/Th	5WK	5:30-6:15 p.m.	6502.201
7/24-8/21 Sa	5WK	10-10:45 a.m.	6502.202

LEVEL 6 - SWIM TEAM PREP (AGE 8-17)

6/7-6/18 M-F	2WK	11 a.m.-Noon	6811.202
6/12-7/10 Sa	5WK	11 a.m.-Noon	6811.201
7/5-7/16 M-F	2WK	11 a.m.-Noon	6812.202
8/2-8/13 M-F	2WK	11 a.m.-Noon	6813.201
7/24-8/21 Sa	5WK	11 a.m.-Noon	6812.201

WATER BABIES (AGE 6-17 MONTHS)

6/12-7/10 Sa	5WK	9-9:25 a.m.	6001.201
7/24-8/21 Sa	5WK	9-9:25 a.m.	6002.201

PARENT TOT (AGE 18MO - 2YRS)

6/12-7/10 Sa	5WK	9:30-9:55 a.m.	6001.202
7/24-8/21 Sa	5WK	9:30-9:55 a.m.	6002.202

FAMILY SWIM LESSONS (LEVELS 1-4 ONLY)

Saturdays: \$10R/\$14NR for each participant

6/12-7/10	9:00-9:45 a.m.	6701.101
	9:00-9:45 a.m.	6701.102
	10:30-11:15 a.m.	6701.103
	10:30-11:15 a.m.	6701.104
7/24-8/21:	9:00-9:45 a.m.	6702.101
	9:00-9:45 a.m.	6702.102
	10:30-11:15 a.m.	6702.103
	10:30-11:15 a.m.	6702.104

Therapy Pool

- Therapeutic Swim is dedicated for persons with valid or diagnosed therapeutic needs and is designed for those 18 years of age or older. Activities are limited to mild exercise, stretching, walking, immersion, and relaxation practices. High intensity and high volume activities, vigorous exercise, and rough play are highly discouraged
- Youth ages 17 and under with therapeutic needs are allowed but must be accompanied by an adult or therapist at all times.
- Therapy pool family swim times are Tuesday, Thursday, and Friday from 5-7 p.m. and 7:30-9 p.m.

Lap Pool

- Lap lanes are reserved for lap swimming only. Reservations are required.
- Open Side is available for water walking. Reservations are required. Face masks are strongly recommended.
- Open swim times are as follows:
 - Friday: 7-9 p.m. only.
 - Saturday: 1-3:30 p.m. and 4-6:30 p.m.
 - Sunday: 1:30-3 p.m. and 3:30-5 p.m.

DANCE

The age range included with dance class descriptions is a general guideline. Instructors will recommend the appropriate class level for students based on their skills. Students who start in one class may be asked to move to a different class in an effort to match abilities. Due to COVID-19 and social distancing requirements, there will not be an end of session performance. Register early to take advantage of discounted class fees.

CREATIVE MOVEMENT

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

Age 3

Tue 6/8-8/17	5:30-6 p.m.	1001.201 EP
by 6/1 \$50/\$60	on 6/2 \$60/\$70	

*No class 7/6.

Age 4

Tue 6/8-8/17	6-6:30 p.m.	1001.202 EP
by 6/1 \$50/\$60	on 6/2 \$60/\$70	

*No class 7/6.

Ballet & Tap

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

BEGINNING

Ages 5-6

Tue 6/8-8/17	6:30-7:15 p.m.	1101.201 EP
by 6/1 \$ 58/\$68	on 6/2 \$68/\$78	

*No class 7/6.

Tue 6/8-8/17	7:15-8 p.m.	1101.202 EP
by 6/1 \$ 58/\$68	on 6/2 \$68/\$78	

*No class 7/6.

Hip Hop

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

BEGINNING

Ages 7-10

Tue 6/8-8/17	6-7 p.m.	1251.201 BR
by 6/1 \$61/\$71	on 6/2 \$71/\$81	

*No class 7/6.

Wed 6/9-8/18	5:30-6:30 p.m.	1201.201 EP
by 6/1 \$61/\$71	on 6/2 \$71/\$81	

*No class 7/7.

INTERMEDIATE LEVEL

Ages 11-16

Tue 6/8-8/17	7-8 p.m.	1261.201 BR
by 6/1 \$61/\$71	on 6/2 \$71/\$81	

*No class 7/6.

Wed 6/9-8/18	6:30-7:30 p.m.	1211.201 EP
by 6/1 \$61/\$71	on 6/2 \$71/\$81	

*No class 7/7.

BALLET BASICS

Age 3

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

Mon 6/7-8/16	6:30-7 p.m.	1651.201 BR
by 6/1 \$50/\$60	on 6/2 \$60/\$70	

*No class 7/5.

BALLET BASICS

Age 4

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

Mon 6/7-8/16	7-7:30 p.m.	1651.202 BR
by 6/1 \$50/\$60	on 6/2 \$60/\$70	

*No class 7/5.

Performance

INTRODUCTION TO BALLET

Ages 5-6

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

Mon 6/7-8/16	7:30-8:15 p.m.	1661.201 BR
by 6/1 \$58/\$68	on 6/2 \$68/\$78	

*No class 7/5.

INTERMEDIATE BALLET

Ages 7-8

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

Mon 6/8-8/17	4:45-5:30 p.m.	1671.201 BR
by 6/1 \$58/\$68	on 6/2 \$68/\$78	

*No class 7/6.

JAZZ

Ages 7-8

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

Thu 6/10-8/19	6:30-7:30 p.m.	1551.201 BR
by 6/1 \$61/\$71	on 6/2 \$71/\$81	

*No class 7/8.

LYRICAL

Ages 12-17

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

Thu 6/10-8/19	7:30-8:30 p.m.	1391.201
by 6/1 \$61/\$71	on 6/2 \$71/\$81	

*No class 7/8.

FAMILY PROGRAMS

FAMILY OVERNIGHT CAMPING TRIP

Ages 6+ with an adult

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

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

Ages 8+ with an adult

Work together to solve puzzles and unlock secrets. A little brainpower and a lot of teamwork required.

8/20 F	6-8 p.m.	\$5/\$9/person	7053.201 BR
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FAMILY MOVIE NIGHT

Ages 4 with an adult

Enjoy a family friendly movie, pizza dinner and snacks.

8/31 Tu	6-8 p.m.	\$5/\$9/person	7003.201 EP
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PRESCHOOL AGED PROGRAMS

JUNIOR JAM

Ages 3-5

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

8/6 F	6-8:30 p.m.	\$10/\$12	7553.203 BR
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TINY TREKS

Ages 3-5

Together, we lift up logs and count ants, explore our senses, dig in the mud, and, most importantly, nurture curiosity and instill a love of the natural world.

8/2-8/16 M	10-10:45 a.m.	\$16/\$20	7553.204 BR
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PRESCHOOL YOGA

Ages 3-6

Barking dogs and hissing snakes and roaring lions, oh my! This child yoga class mixes yoga poses with games, stories, and music to teach preschool aged kids the basics of yoga. The children will learn breathing, mindfulness, and relaxation techniques while playing and growing their imagination.

9/8-9/29 W	9- 10 a.m.	\$40/\$45	3261.201 BR
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10/13-11/3 W	9- 10 a.m.	\$40/\$45	3262.201 BR
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JUMPBUNCH SPORTS AND FITNESS FOR KIDS

Sports. Smiles. Fitness. Fun! Come see what being fun and fit is all about. Each week we introduce your child to a new sport or fitness activity in a safe and encouraging environment.

Parent/Tot

Ages 1.5-3.5 with an adult (price is per child)

Th	10-10:30 a.m.	BR
6/3-6/24	\$44/\$55	7551.201
7/1-7/29	\$55/\$66	7552.201
8/5-8/19	\$33/\$44	7553.201

Ages 3.5-6

Th	10:45-11:30 a.m.	BR
6/3-6/24	\$48/\$60	7551.202
7/1-7/29	\$60/\$70	7552.202
8/5-8/19	\$36/\$50	7553.202

DISCOVERY KIDS

Ages 3 – 5

Discovery Kids is an interactive class session with a focus on skill building, independence, and hands on fun!

Eagle Pointe

Tu, W, Th	10 a.m.-Noon	\$30/\$40
6/1 – 6/3	Wiggle Worms	7101.201
6/8 – 6/10	H2O Fun	7101.202
6/15 – 6/17	Fabulous Fathers/ Our Families	7101.203
6/22 – 6/24	Our Favorite Sports	7101.204
6/29 – 7/1	Independence Week	7101.205
7/6 – 7/8	Down By the Farm	7102.201
7/13 – 7/15	Moose and Muffins	7102.202
7/20 – 7/22	Ocean Aquanauts	7102.203
7/27 – 7/29	I is for Ice Cream	7102.204
8/3 – 8/5	All About Friendships	7103.201
8/10 – 8/12	Busy Bees	7103.202
8/17 – 8/19	Let's Go on a Picnic	7103.203
8/24 – 8/26	Our Fabulous Pets	7103.204

Bison Ridge

Tu, W, Th	2:00 – 4:00pm	\$30/\$40
6/1 – 6/3	Sun, Moon, Stars	7151.201
6/8 – 6/10	Tasty Fruit	7151.202
6/15 – 6/17	Father's Day/Family	7151.203
6/22 – 6/24	Mermaids and Seahorses	7151.204
6/29 – 7/1	Independence Week	7151.205
7/6 – 7/8	What is Friendship?	7152.201
7/13 – 7/15	Mad Science	7152.202
7/20 – 7/22	What's Sticky?	7152.203
7/27 – 7/29	I is for Ice Cream	7152.204
8/3 – 8/5	Island Explorers	7153.201
8/10 – 8/12	Knights and Princesses	7153.202
8/17 – 8/19	Disney Fun	7153.203

Drop-In Group Fitness Classes

(Bison Ridge & Eagle Pointe)

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

CARDIO + STRENGTH INTERVAL TRAINING

Cardio + Strength classes combine exercises that elevate your heart rate to increase cardiovascular endurance and strength exercises, using a variety of equipment, and help you gain muscle. All levels welcome.

CYCLING

Indoor cycling classes are a low-impact, high calorie burn cardio session, we have knowledgeable instructors to help you get your bike set up correctly and comfortably to ensure you get the most out of your workout. Beginners through advanced welcome.

DANCE BASED

Danced based classes will give you a total body workout while grooving to different genres of music, from Latin inspired music to today's hottest hits. Our dance fitness classes will leave you sweating and wanting more! For all levels of fitness.

SILVER SNEAKERS

Our Silver Sneaker classes are geared towards our older active adult population. You do not need to be a member of Silver Sneakers in order to take our Silver Sneaker classes. This summer season, our Silver Sneaker classes will be held virtually and in-person to accommodate our patrons who prefer to stay home and for those who want in person classes. You can find all the Silver Sneaker classes and links to the virtual classes at c3gov.com/fitness.

WEIGHT TRAINING

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

YOGA/PILATES

These classes offer a variety of movements and poses that improve flexibility, posture, and core strength. We have gentle yoga classes, higher flexibility intensity vinyasa flow and sun salutation yoga classes, and many different Pilate's classes that focus on strengthening and toning your whole body.

All class schedules, titles, and descriptions can be found on c3gov.com/fitness

Personal Training Services

(Bison Ridge & Eagle Pointe)

For more information about any of these fitness services or to schedule an appointment with fitness professional, call 303-286-6835.

FITNESS EQUIPMENT ORIENTATION

Orientations include a demonstration of the proper use of equipment, weight room etiquette and proper equipment safety. FREE.

14 years and older

Call 303-286-6835 to schedule

FITNESS ASSESSMENTS

Measurements include Body mass index, body fat percentage and circumference measurements. FREE. To schedule an appointment call 303-286-6835.

14 years or older

PERSONAL TRAINING

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

14 years and older

Sessions are available in:

3, 6, and 10 one-hour sessions

Fill out an intake packet at the front desk of either Bison Ridge or Eagle Pointe. After review, your trainer will contact you. Call 303-286-6835 or email ebelton@c3gov.com for more information.

FITNESS AND WELLNESS SUMMER PROGRAMS

TAI-CHI (VIRTUAL)

This class helps beginners to Tai-Chi learn the 24 Yang style forms. Stimulate the body and mind as you flow into forms with breath, balance and focus.

6/7-6/28 M	2-3 p.m.	\$35/\$40	3351.201 Virtual
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GUIDED MEDITATION/ RESTORATIVE YOGA (VIRTUAL)

Guided Meditation and Restorative Yoga is an hour-long class that will open your body, mind and soul through practicing stillness or gentle movements for extended periods of time. This class is open to all levels and would be beneficial for expecting mothers, people experiencing high stress, anxiety, are recovering from injuries and anything in between.

8/4-8/25 W	6:30-7:30 p.m.	\$35/\$40	3651.201 Virtual
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MOOD SERIES (VIRTUAL)

Get to know how different things in your life affect your mood! Led by Wellness Coach, Mariel Cheek, explore how food, sleep, and movement affect how you feel each day and learn how you can change your mood for the better through those three things. Only interested in sleep and mood? Sign up for one class at a time or all three!

Food and Mood 6/3 Th	Noon-12:30 p.m.	\$10/15
3951.201 Virtual		

Food and Mood 6/3 Th	5:30-6 p.m.	\$10/15
3952.201 Virtual		

Sleep and Mood 6/10 Th	Noon-12:30 p.m.	\$10/15
3953.201 Virtual		

Sleep and Mood 6/10 Th	5:30-6 p.m.	\$10/15
3954.201 Virtual		

Move and Mood 6/17 Th	Noon-12:30 p.m.	\$10/15
3955.201 Virtual		

Move and Mood 6/17 Th 5:30-6 p.m. \$10/15
3956.201 Virtual

CREATING RESILIENCE-TAUGHT IN SPANISH

Life is full of ups and downs. And sometimes life can really knock you down. Learn how to become more resilient so when you are feeling low, you have the tools to stay strong and positive. In this class, learn the 10 things the most resilient people have in common. Each week, with the help of Wellness Coach, Mariel Cheek, you will develop a weekly action plan, which can lead to creating lasting changes in your life.

5/12-6/16 W 11 a.m.-12:30 p.m. FREE
3122.201 Virtual

DIABETES SELF-EMPOWERMENT PROGRAM

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

5/4-6/3 Tu/Th 5:30-6:30 p.m. FREE www.tchd.org/diabetes

Second Session- Taught in Spanish
5/3-5/25 M 10-11:30 a.m. FREE www.tchd.org/diabetes

SUMMER SHRED CHALLENGE

Personalized workouts, weekly weigh ins, goal setting and more! Join our summer fitness challenge and meet your fitness goals! This 8 week program will focus on high calorie burning workouts, strength training to learn proper form, and nutrition. A certified personal training will hold you accountable and push you to train to the best of your abilities. Win weekly prizes and a grand prize for the biggest loser. Weekly workouts will be held on the Bison Ridge outdoor deck to enjoy the summer weather!

6/2-7/21 W 5:15-6:15 p.m. \$100/105 3451.201 BR

BOOT CAMP AT EAGLE POINTE

Our progressive boot camps include exercise testing at the beginning and end of the course to assess growth. Work on strength building and cardio endurance using a wide variety of equipment, creative formats and teamwork. A hands on knowledgeable instructor will hold you accountable for your workout to help you see the results you've been hoping (and working) for!

6/1-7/8 Tu/Th 5:15-6:15 p.m. \$50/\$55 3401.201 EP

TRX + KETTLEBELLS

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

7/12-8/12 Tu/Th 7-8 p.m. \$90/\$95 3151.201 BR

PRESCHOOL YOGA

Ages 3-6

Barking dogs and hissing snakes and roaring lions, oh my! This child yoga class mixes yoga poses with games, stories, and music to teach preschool aged kids the basics of yoga. The children will learn breathing, mindfulness, and relaxation techniques while playing and growing their imagination.

5/4-5/25 Tu 9-10 a.m. \$40/\$45 3261.201 BR

7/13-8/3 Tu 9-10 a.m. \$40/\$45 3262.201 BR

TEEN STRENGTH AND CONDITIONING

Ages 13-17

Wanting to stay in shape over the summer? Gain some muscle before the next sport season? Just want to stay moving and healthy of the summer? This is the class for you! Our Youth Strength and Conditioning class is designed for the average to extremely active kid, with science to back the exercise programming. We take into account the ever changing and growing child's body and create workouts based on their fitness levels. Work on speed, strength, and endurance this summer and you won't be disappointed.

6/3-6/24 Th 9:30-10:30 a.m. \$50/\$55 3271.201 BR

7/8-7/29 Th 9:30-10:30 a.m. \$50/\$55 3272.201 BR

OLYMPIC FIELD DAY

Ages 3-12

Join us for one day of Olympic themed friendly competition, relays, races, and round robins! What better way to celebrate the Olympics than spending a day competing in Summer Olympic sports and activities. From track events, to archery, to soccer, and basketball shootouts, there is something for every age at this field day event. Come dressed in your county's colors and get ready to win some gold medals!

8/7 Sa 8 a.m.-Noon \$30/\$35 xxxx.xxx Frontera Park

ACTIVE ADULTS ON WEIGHTS

50 years and older

You DO NOT need weights for this class! Strength training improves bone health, posture, balance, and ability to do everyday activity. Learn practical tips for a healthy diet that supports your strength and fitness. We use a variety of progressive strength training methods including exercise machines, resistance tubing, free weights, and body weight exercises. Taught by a certified personal trainer.

6/1-6/22 Tu 10-11 a.m. \$25/\$30 3171.201 BR

7/13-8/10 Tu 10-11 a.m. \$25/\$30 3172.201 BR

2021 ACTIVE ADULT SUMMER OLYMPICS

50 years and older

This summer you too can compete for the gold in the Active Adult Summer Olympics! This weeklong event will include one to three events each day ranging in different levels of activeness. The more events you attend, the more chances you have to win! And no Olympics would be complete without a closing ceremony, join us for a lunchtime barbeque to celebrate the week and everyone's valiant efforts! Get full schedule and location of events at the front desk of Eagle Pointe or Bison Ridge.

8/2 M Swimming 8:30-9:30 a.m. \$10/\$12 3161.201 BR

8/2 M	Wii Golf	10:30-11:30 a.m.	\$5/\$7	4601.209 EP
8/3 Tu	800M Run/Walk	9-10 a.m.	\$10/\$12	3162.201 BR
8/3 Tu	Billiards Tournament	1-4 p.m.	\$5/\$7	4601.210 EP
8/4 W	Weight Lifting	11 a.m.-Noon	\$10/\$12	3263.201 BR
8/4 W	Chair Volleyball	9-10 a.m.	\$5/\$7	4601.211 EP
8/5 Th	Relay Races	11 a.m.-Noon	\$10/\$12	3164.201 BR
8/5 Th	Wii Bowling	9-10 a.m.	\$5/\$7	4601.212 EP
8/6 F	Closing Ceremony Celebration	11 a.m.-1 p.m.	\$12/\$14	4601.213 BR



GOLF

Book A Tee Time

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

Sign up online at BuffaloRunGolfCourse.com to participate in our eClub.

Location

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

Golf Course Hours*

Sunrise - sunset

Driving Range Hours*

Sunrise - one hour prior to sunset

*Weather permitting.

Summer Rates

March 15-November 7, 2021

	9 Hole	18 Hole
Resident		
Mon-Thur	\$18	\$32
Fri-Sun	\$22	\$37
Non-resident		
Mon-Thur	\$25	\$40
Fri-Sun	\$27	\$44

Senior Resident (62 and older)

Tue-Thur (excludes holidays)	\$14	\$25
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Senior Nonresident (62 and older)

Tue-Thur (excludes holidays)	\$15	\$27
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Senior Appreciation Day

(all day Monday; holidays excluded)	\$12	\$24
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Junior (17 and younger)

Mon-Thur	\$7	\$13
Fri-Sun (after 2 p.m.)		

Other Rates	9 Hole	18 Hole
Cart rental (per person)	\$12	\$17
Pull cart	\$3	\$6
Club rental standard	\$8	\$13
Range balls	\$4 Small	\$6 Large

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

For more information on special twilight rates, call 303-289-1500 or visit BuffaloRunGolfCourse.com



JUNIOR PROGRAMS: AGES 5-13

Kids enjoy fun filled programs with friendly and professional golf instruction.

The First Tee Ages 5-11

Mondays Starting June 7

Ages 5-6: 2:00-3:00 p.m. \$75 per player (6 weeks)

Ages 7-8: 3:15-4:15 p.m. \$100 per player (9 weeks)

Ages 9-11: 4:30-5:30 p.m. \$100 per player (9 weeks)

Visit www.thefirstteegreenvalleyranch.org/ to register. Space is limited.

JUNIOR GOLF MINI CAMP (AGES 8-12)

Our PGA golf professionals will provide instruction on fundamental golf skills from the basics of grip, stance, posture, and alignment, to more advanced skills, like reading greens. Your junior golfer will come away with an improved game and more confidence in their ability to hit the fairways and sink the putts!

March 23 12:00-1:30 p.m. \$25

March 25 12:00-1:30 p.m. \$25

June 9 8:30-10 a.m. \$25

June 23 8:30 - 10 a.m. \$25

July 7 8:30 - 10 a.m. \$25

July 21 8:30 - 10 a.m. \$25

BUFFALO RUN MEN'S CLUB

Join in the competition and enjoy the great game of golf in a social and competitive setting. Members of all skill ranges compete for prizes in flighted tournaments throughout the season in team and individual events. Call 303-289-1500 for more information.

GOLF DIVAS

Golf Diva events are ladies-only social golf events for fun and fabulous women! Space is limited, registration required.

May 11 5:30 p.m. 4-Player Scramble

June 8 5:30 p.m. 2-Player Scramble

June 29 5:30 p.m. 4-Player Scramble

July 13 5:30 p.m. 4-Player Scramble

Aug. 3 5:30 p.m. 2-Player Scramble

Aug. 24 5:30 p.m. 4-Player Scramble

\$45 per player (9-hole events)

NINE & DINE: \$99 PER COUPLE

Golf begins with a shotgun start, followed by dinner and awards at the Bison Grill.

May 1 5 p.m. Disney

June 5 5 p.m. The 80's

July 3 5 p.m. Red, White & Blue

Aug. 7 5 p.m. Olympics

Sept. 4 5 p.m. NFL

DISCOVER GOLF: \$50 PER PLAYER

A great introductory program for golfers of skills levels from beginner to intermediate. This one-day golf instructional program covers the basics of the full golf swing, putting, short game, and on-course play. Learn more about the basic rules of golf and golf course etiquette with our instructional discussions. Space is limited.

Session 1: April 25 3-5 p.m.

Session 1: May 2 3-5 p.m.

Session 1: May 16 3-5 p.m.

Session 1: May 23 3-5 p.m.

Session 1: May 30 3-5 p.m.

PRIVATE LESSONS

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

SALUTE TO MILITARY SERVICE: FREE

Buffalo Run provides veterans, retirees, and active duty service members the opportunity to attend FREE golf clinics.

July 8 6-8 p.m. Golf Clinic 1

July 15 6-8 p.m. Golf Clinic 2

July 22 6-8 p.m. On-Course Play Day

July 29 6-8 p.m. Golf Clinic 4

Aug. 5 6-8 p.m. Golf Clinic 5

Aug. 12 6-8 p.m. On-Course Play Day & Program Graduation

CLUB FITTING SERIES: \$10 PER FITTING*

Register today for a private fitting and the trained PGA professionals from Buffalo Run and our partners will provide you with a personal fitting with the latest technology and equipment. Fittings are scheduled for 45 minutes.

Callaway® April 3
Fittings available from 10:00 a.m.-2:00 p.m.

TaylorMade® May 2
Fittings available from 10:00 a.m.-2:00 p.m.

Titleist® & Mizuno® June 13
Fittings available from 10:00 a.m.-2:00 p.m.

TaylorMade® & Callaway® July 11
Fittings available from 10:00 a.m.-2:00 p.m.

BUFFALO RUN NOW OFFERS AN ANNUAL PASS!

You'll love the great benefits such as unlimited green fees and a reduced cart fee of \$10 plus tax. Visit BuffaloRunGolfCourse.com or call 303-289-1500 for more information.

GYMNASTICS

Beginning level classes focus on movement.

Registration for parent-taught and pre-gymnastics starts April 6 for Residents, April 8 for Non-Residents.

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

PARENT-TAUGHT

Ages 2-4 and parent

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.

Mon * 5/10-6/21	9-9:45 a.m.	2101.201
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by 5/3 \$24/\$34	on 5/4 \$34/\$44
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No class 5/31.

Tue 5/11-6/22	9-9:45 a.m.	2101.202
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by 5/3 \$27/\$37	on 5/4 \$37/\$47
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Tue 5/11-6/22	10:15-11 a.m.	2101.203
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by 5/3 \$27/\$37	on 5/4 \$37/\$47
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Sat 5/15-6/26	9-9:45 a.m.	2101.204
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by 5/3 \$27/\$37	on 5/4 \$37/\$47
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Mon 7/12-8/16	9-9:45 a.m.	2102.201
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by 7/5 \$24/\$34	on 7/6 \$34/\$44
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Tue 7/13-8/17	9-9:45 a.m.	2102.202
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by 7/5 \$24/\$34	on 7/6 \$34/\$44
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Tue 7/13-8/17	10:15-11 a.m.	2102.203
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by 7/5 \$24/\$34	on 7/6 \$34/\$44
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Sat 7/17-8/21	9-9:45 a.m.	2102.204
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by 7/5 \$24/\$34	on 7/6 \$34/\$44
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PRE-GYMNASTICS – WITH PARENT OR GUARDIAN TO HELP WITH SOCIAL DISTANCING

Ages 4-5

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

Mon 5/10-6/21	10:15-11 a.m.	2201.201
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by 5/3 \$24/\$34	on 5/4 \$34/\$44
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*No class 5/31.

Mon 5/10-6/21	11:30-12:15 p.m.	2201.202
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by 5/3 \$24/\$34	on 5/4 \$34/\$44
------------------	------------------

*No class 5/31.

Tue 5/11-6/22	11:30-12:15 p.m.	2201.203
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by 5/3 \$27/\$37	on 5/4 \$37/\$47
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Sat 5/15-6/26	10:15-11 a.m.	2201.204
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by 5/3 \$27/\$37	on 5/4 \$37/\$47
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Sat 5/15-6/26	11:30 a.m.-12:15 p.m.	2201.205
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by 5/3 \$27/\$37	on 5/4 \$37/\$47
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Mon 7/12-8/16	10:15-11 a.m.	2202.201
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by 7/5 \$24/\$34	on 7/6 \$34/\$44
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Mon 7/12-8/16	11:30 a.m.-12:15 p.m.	2202.202
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by 7/5 \$24/\$34	on 7/6 \$34/\$44
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Tue 7/13-8/17	11:30 a.m.-12:15 p.m.	2202.203
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by 7/5 \$24/\$34	on 7/6 \$34/\$44
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Sat 7/17-8/21	10:15-11 a.m.	2202.204
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by 7/5 \$24/\$34	on 7/6 \$34/\$44
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Sat 7/17-8/21	11:30 a.m.-12:15 p.m.	2202.205
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by 7/5 \$24/\$34	on 7/6 \$34/\$44
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Early registration for beginning, advanced beginning and intermediate class levels starts April 27 for residents and April 29 for non-residents for session 1, ending on May 3. Starting May 4th, 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 June 29 for residents, and July 1 for non-residents, ending on July 5. Starting on July 6, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Please register early to secure your spot and enjoy the discounted rates.

BEGINNING GYMNASTICS

Ages 6-17

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

Mon 5/10-6/21	4:30-5:30 p.m.	2301.201
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by 5/3 \$27/\$37	on 5/4 \$37/\$47
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*No class 5/31.

Mon 5/10-6/21	6-7 p.m.	2301.202
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by 5/3 \$27/\$37	on 5/4 \$37/\$47
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*No class 5/31.

Mon 5/10-6/21	7:30-8:30 p.m.	2301.203
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by 5/3 \$27/\$37	on 5/4 \$37/\$47
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*No class 5/31.

Wed 5/12-6/23	4:30-5:30 p.m.	2301.204
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by 5/3 \$32/\$42	on 5/4 \$42/\$52
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Wed 5/12-6/23	6-7 p.m.	2301.205
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by 5/3 \$32/\$42	on 5/4 \$42/\$52
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Wed 5/12-6/23	7:30-8:30	2301.206
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by 5/3 \$32/\$42	on 5/4 \$42/\$52
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Sat 5/15-6/26	1:45-2:45	2301.207
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by 5/3 \$32/\$42	on 5/4 \$42/\$52
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Sat 5/15-6/26	3:15-4:15 p.m.	2301.208
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by 5/3 \$32/\$42	on 5/4 \$42/\$52
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Mon 7/12-8/16	4:30-5:30	2302.201
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by 7/5 \$27/\$37	on 7/6 \$37/\$47
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Mon 7/12-8/16	6-7 p.m.	2302.202
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by 7/5 \$27/\$37	on 7/6 \$37/\$47
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Mon 7/12-8/16	7:30-8:30	2302.203
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by 7/5 \$27/\$37	on 7/6 \$37/\$47
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Wed 7/14-8/18	4:30-5:30 p.m.	2302.204
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by 7/5 \$27/\$37	on 7/6 \$37/\$47
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Wed 7/14-8/18	6-7 p.m.	2302.205
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Wed 7/14-8/18	7:30-8:30	2302.206
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Sat 7/17-8/21	1:45-2:45	2302.207
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Sat 7/17-8/21	3:15-4:15 p.m.	2302.208
by 7/5 \$27/\$37	on 7/6 \$37/\$47	

ADVANCED BEGINNING GYMNASTICS

Ages 6-17

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

Mon 5/10-6/21	4:30-5:30 p.m.	2311.201
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
*No class 5/31		
Mon 5/10-6/21	7:30-8:30 p.m.	2311.202
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
*No class 5/31		
Wed 5/12-6/23	4:30-5:30 p.m.	2311.203
by 5/3 \$32/\$42	on 5/4 \$42/\$52	
Wed 5/12-6/23	7:30-8:30 p.m.	2311.204
by 5/3 \$32/\$42	on 5/4 \$42/\$52	
Sat 5/15-6/26	1:45-2:45 p.m.	2311.205
by 5/3 \$32/\$42	on 5/4 \$42/\$52	
Mon 7/12-8/16	4:30-5:30 p.m.	2312.201
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Mon 7/12-8/16	7:30-8:30 p.m.	2312.202
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Wed 7/14-8/18	4:30-5:30 p.m.	2312.203
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Wed 7/14-8/18	7:30-8:30 p.m.	2312.204
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Sat 7/17-8/21	1:45-2:45 P.M.	2312.205
by 7/5 \$27/\$37	on 7/6 \$97/\$47	

INTERMEDIATE GYMNASTICS

Ages 6-17

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

Mon 5/10-6/21	6-7 p.m.	2321.201
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
*No class 5/31		
Wed 5/12-6/23	6-7 p.m.	2321.202
by 5/3 \$32/\$42	on 5/4 \$42/\$52	

Sat 5/15-6/26	3:15-4:15 p.m.	2321.203
by 5/3 \$32/\$42	on 5/4 \$42/\$52	
Mon 7/12-8/16	6-7 p.m.	2322.201
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Wed 7/14-8/18	6-7 p.m.	2322.202
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Sat 7/17-8/21	3:15-4:15 p.m.	2322.203
by 7/5 \$27/\$37	on 7/6 \$37/\$47	

CARA teams offer chance to compete in gymnastics

Registration for all CARA team level programs start April 6. There is an additional \$10 charge to register for classes within one week of the start date. To enjoy the fees listed below, register early.

CARA GIRLS GYMNASTICS TEAM LEVEL 2

Ages 6-17

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

Fri 5/14-6/25	5:30-7:30 p.m.	2441.201
by 5/3 \$40/\$50	on 5/4 \$50/\$60	
Fri 7/16-8/20	5:30-7:30 p.m.	2442.201
by 7/5 \$40/\$50	on 7/6 \$50/\$60	

CARA GIRLS GYMNASTICS TEAM COMPULSORY LEVEL 3 AND 4

Ages 6-17

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

Tue/Thu 5/4-5/27	5-7 p.m.	2401.201
by 4/28 \$90/\$100	on 4/29 \$100/\$110	
6/1-6/29		2402.201
by 5/26 \$101/\$111	on 5/27 \$111/\$121	
7/6-7/29		2403.201
by 6/30 \$90/\$100	on 7/1 \$100/\$110	
8/3-8/19		2403.201
by 7/28 \$68/\$78	on 7/29 \$78/\$88	

CARA GIRLS GYMNASTICS TEAM OPTIONAL LEVELS

Ages 6-17

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

5/4-5/27 Tue/Thu	7:30-9:30 p.m.	2411.201
by 4/28 \$90/\$100	on 4/29 \$100/\$110	
6/1-6/29		2412.201
by 5/26 \$101/\$111	on 5/27 \$111/\$121	
7/6-7/29		2412.201
by 6/30 \$90/\$100	on 7/1 \$100/\$110	
8/3-8/19		2412.201
by 7/28 \$68/\$78	on 7/29 \$78/\$88	

BOYS BEGINNING

Ages 6-17

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

Fri 5/14-6/25	4:30-5:30 p.m.	2351.201
		2351.202
by 5/3 \$32/\$42	on 5/4 \$42/\$52	
Fri 7/16-8/20	4:30-5:30 p.m.	2352.201
		2352.202
by 7/5 \$32/\$42	on 7/6 \$42/\$52	

BOYS ADVANCED

Ages 6-17

This class continues the development of skills to form more advanced combinations preparing boys for competitive gymnastics. Boys receive instruction in tumbling and all male gymnastic apparatus.

5/14-6/25	5:30-7:30 p.m.	2361.201
by 5/3 \$40/\$50	on 5/4 \$50/\$60	
7/16-8/20	5:30-7:30 p.m.	2362.201
by 7/5 \$40/\$50	on 7/6 \$50/\$60	

WHAT TO WEAR AND LESSON INFORMATION

Clothing

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

PRIVATE LESSONS

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

Competitive Team Level Coach

30-minute private lesson (1 person)	\$26/\$36
One-hour private lesson (1 person)	\$40/\$50
One-hour semi-private lesson (up to 3 people)	\$30/\$40 per person

Class Level Coach

30-minute private lesson (1 person)	\$20/\$30
One-hour private lesson (1 person)	\$34/\$44
One-hour semi-private lesson (up to 3 people)	\$24/\$34 per person

PARKS AND TRAILS

Commerce City is home to 20 parks, 25 miles of trails, more than 840 acres of open space, and a world-class golf course. With these recreation opportunities and a national wildlife refuge that's in the city's backyard, Commerce City has something for everyone.

Sand Creek Regional Greenway

The Sand Creek Regional Greenway is nearly 14 miles of public greenway (4 miles of which is in Commerce City), connecting the High Line Canal trail in Aurora with the South Platte River Greenway in Commerce City.

Prairie Gateway Open Space and Trail

The Prairie Gateway Open Space and Trail is located just north of the civic center. This 190-acre open space includes a 2.4-mile, soft-surface perimeter trail with shelters, benches, a drinking fountain and an overlook area with beautiful views of the Rocky Mountain range.

Fernald Trail

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

Second Creek Greenway Trail

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

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

Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail

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

City Offers 20 Parks with Many Amenities

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



COMMERCE CITY YOUTH SPORTS

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

REGISTRATION

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

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

Youth Baseball

T-BALL

Ages: 5-6 years as of 6/1/21

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

Registration Deadline: 5/6	5001.201
Start Date: Week of 5/17	
Early Bird: 4/29 \$50/\$60	
After 4/29: \$60/\$70	

COACH PITCH

Ages: 7-8 years as of 6/1/21

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

Registration Deadline: 5/6	5101.201
Start Date: Week of 5/17	

Early Bird: 4/29 \$55/\$65
After 4/29: \$65/\$75

PEE WEE

Ages: 9-10 years as of 6/1/21

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

Registration Deadline: 5/6	5201.201
Start Date: Week of 5/17	
Early Bird: 4/29 \$60/\$70	
After 4/29: \$70/\$80	

JUNIOR DIVISION

Ages: 11-12 years as of 6/1/21

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

Registration Deadline: 5/6	5301.201
Start Date: Week of 5/17	
Early Bird: 4/29 \$65/\$75	
After 4/29: \$75/\$85	

SENIOR DIVISION

Ages: 13-14 years as of 6/1/21

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

Registration Deadline: 5/6	5401.201
Start Date: Week of 5/17	
Early Bird: 4/29 \$70/\$80	
After 4/29: \$80/\$90	

COLORADO ROCKIES SKILLS CHALLENGE

Ages: 6-13 years (age of 12/31/21)

The Colorado Rockies Skills Challenge is a baseball competition that allows youth to showcase their talents in base running, batting and throwing. Scores will be based on speed, distance and accuracy. Top scores from each age group will advance to a sectional competition. Top sectional scores from each age group will advance to the state championship held at Coors Field, home of the Colorado Rockies. No registrations will be taken after the start of the competition.

Participation cost: FREE

Registrations will be held the day of the event, please arrive 30 minutes prior to the start time to register.

Sat 6/12

Location: Field #1 at Fairfax Park in Commerce City

Start Times:

6-9 year olds 9 a.m.

10-13 year olds 10:30 a.m.

For additional information contact Nic Jones, youth sports coordinator at njones@c3gov.com

Umpires, We Need You!

Are you an umpire? Do you want to be an umpire? Commerce City is now looking for umpires for the upcoming summer baseball season. Games are Monday through Friday evenings beginning in early June and going through the end of July. A free clinic will be held prior to the season; this training is intended for everyone including those getting behind the plate for the first time all the way to the experienced umpire. It will cover rules, mechanics, techniques, policies and procedures. Lecture and field techniques will also be included in the instruction. Call Nic Jones for dates times, and other information at 303-289-3705 or email njones@c3gov.com.

WEATHER HOTLINE

CALL AFTER 5 P.M.

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

YOUTH SPORTS REGISTRATION

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

SUMMER CAMP SERIES

ELEVATE YOUR GAME!

VOLLEYBALL DEVELOPMENT CAMP

This fun and challenging camp will develop the basic fundamentals of volleyball, while focusing on teamwork and individual skill development. Each player receives a camp give-a-way. Camp is at the Eagle Pointe Recreation Center.

Registration Deadline: 7/5 5021.204 \$40/\$50

7/19-7/21

Ages 9-11: 5:30-6:45 p.m. each day

Ages 12-14: 7-8:15 p.m. each day

SOCCER SKILLS CAMP

Learn how to improve the fundamental soccer skills of passing, dribbling, shooting, and footwork in this camp. All participants receive a camp give-a-way. Camp is located at Fronterra Park. Contact Nic Jones at njones@c3gov.com for more information.

Registration Deadline: 6/6 5021.201 \$40

6/21-6/23

Ages 6-9: 6-7 p.m.

Ages 10-13: 7:30-8:30 p.m.

Registration Information

The parks and recreation department forms teams based on school boundaries; parents please be sure to register your child for the public elementary school he or she attends or that is in your home boundaries. 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 requests after the deadline will be put on a waitlist. After the registration deadline, waitlisted players may be added to a team if a player drops out before mid-season. Registrations and waitlisted players are on a first-come, first serve basis.

During the season, teams use local schools' fields or gyms for practice. When there are conflicting uses, recreation staff will work to arrange an alternate location; however, practices may be canceled in rare cases. City staff makes every effort to find coaches for each team. If unable to find a coach, a staff member will run the first practice with assistance from the players' parents. If a coach is not found prior to the first scheduled game, the team may be cancelled. This is always the last resort, so parents please help us find that perfect coach. If you know someone who is interested in coaching, please pass along contact information to Nic Jones at njones@c3gov.com

Our Youth Sports Philosophy

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

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

Make a difference and coach youth sports

The Commerce City Parks, Recreation and Golf department relies on volunteers to coach youth sports. All it takes to be a successful coach in the program is a willingness and desire to help children. You can ensure each child has a great experience in organized sports by learning the skills necessary for successful coaching through the National Youth Sports Coaches Association (NYSCA). All coaches for Commerce City youth athletic programs complete NYSCA classes at the recreation center. These classes are provided free of charge for all volunteers. NYSCA teaches coaches how

to ensure that each child participating in a sports program has fun, shows progress in the sport, and ultimately, wants to come out and play again. If you are ready to be a youth sports coach or would like additional information please contact the youth sports coordinator, Nic Jones, at njones@c3gov.com

Refund Policy

A refund for the program may be permitted before and after a program starts, however, incurred fees such as jersey costs, prorated fees, and administrative fees will be calculated into the refunded rate.

LOCAL YOUTH SPORTS PROVIDERS

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

LOCAL YOUTH SPORTS PROVIDERS LIST AND CONTACTS:

COMMERCE CITY YOUTH ATHLETICS (CCYA)

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

Raiders Tackle Football (Fall) - Chuck Ingram 303-286-7669 or cc_raider@msn.com

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

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

ADAMS CITY WRESTLING CLUB

The ACWC provides opportunities for all youth, ages 4-18, to develop their wrestling skills to the highest level possible. Practices are held Monday through Wednesday evenings and matches are on weekends. For more information call Tim Lucero at 970-381-5020 or email: AdamsCityWrestlingClub@aol.com

BRIGHTON YOUTH BASEBALL ASSOCIATION (BYBA) SPRING AND FALL PROGRAMS

Competitive Baseball (Ages 7-14)

Four different levels of competitive baseball: Major, AAA, AA, & A. Games are played in Brighton, Commerce City, and the greater metro-Denver area. Tournament Teams: BYBA offers tournament-only team options for the highest level of competitive play in metro area. For more information visit: <https://www.brightonyouthbaseball.com/> or contact Cory Moul at 720-263-1075

ROCKY MOUNTAIN THUNDERHAWKS FOOTBALL ASSOCIATION (FALL)

Youth in grades 1-8 can play youth competitive tackle football. All coaches are USA Football Heads Up Certified. Teams practice three times per week in the Commerce City area. Games are played throughout the greater Denver metro area. Conditioning and fundamental camps are provided throughout the summer for all youth; even those in other leagues. President: Courtney Vance: 720 616-9757 or visit www.thunderhawksfootball.com

BISON LACROSSE CLUB (SPRING/SUMMER/FALL)

Bison lacrosse Club offers youth lacrosse for all levels of experience in the 1st-12th grades. 1st-8th graders participate in the Colorado Youth Lacrosse Association (CYLA). Teams practice twice per week and games are played on the weekends throughout the Denver metro area. 9th-12th grades compete in a high school-specific league. Teams practice twice per week and games are played in the DTC area. All coaches follow Positive Coaching Alliance principles. Email for scholarship, and loaner gear is availability. Spring Grades 1-8 Registration: January Season: March-June Summer Grades 9-12 Registration: April Season: June-July Fall Grades 1-12 Registration: June-July Season: September-October. For more information on our program offerings please visit www.bisonlaxclub.com. Contact us by email at info@bisonlaxclub.com or by phone at 303-668-0542

NORTH SUBURBAN THUNDER POP WARNER FOOTBALL ASSOCIATION (FALL)

National competitive football league for youth ages 5-14. Pop Warner offers both unlimited weight and age/weight based divisions so that no child is left behind. Pop Warner is the largest youth football league in country. Rookie Tackle is available for ages 5-7. All coaches are USA Football certified and background checked annually. Want to compete on a national stage? 75% of all NFL players played Pop Warner Football. Contact us today! President: Andrew Leschnik 720-940-1941 or visit www.nsthunder.com



ADULT SPORTS LEAGUES

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

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

Individual Players List

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

DROP-IN PICKLEBALL AT BISON RIDGE

Subject to change

Tuesdays 5:30 a.m.-Noon

Thursdays 5:30 a.m.-Noon

Sundays 8:30 a.m. -Noon

DROP-IN VOLLEYBALL

Subject to change

Bison Ridge – Gym #3

Monday 7:30-9:30 p.m.

Sundays 12:30-5:30 p.m

Eagle Pointe – Gym #3

Fridays 7-9:30 p.m.

SUMMER SOFTBALL LEAGUE - COED

Get a team of five men and five women together for adult coed softball league beginning in May. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Wednesday, April 14 at 6 p.m. Games will be played at Pioneer Park. Call 303-289-3763 for information.

Wednesday nights 5/5 - 7/14

COED E-Rec

\$550/\$575 (10 Games)

SUMMER SOFTBALL LEAGUE - MEN'S

Join the fun of adult men's evening softball beginning in May. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Wednesday, April 14 at 7 p.m. Games will be played at Pioneer Park. Call 303-289-3763 for information.

Tuesday nights 5/4 - 7/13

Men's E-Rec \$550/\$575 (10 Games)

Thursday nights 5/6 - 7/15

Industrial E-Rec \$550/\$575 (10 Games)

FALL SOFTBALL LEAGUE - COED

Looking for a fun outdoor activity in the fall? Get a team together for adult coed softball, beginning in August. Teams are made up of an even number of men and women. A team representative must attend the league meeting, 6 p.m. Thursday, July 22, at the Eagle Pointe Recreation Center. Games will be played at Pioneer Park.

Wednesday nights 8/4 -10/6

COED E-Rec

\$550/\$575 (10 Games)

FALL SOFTBALL LEAGUE - MEN'S

Be a part of the fun this fall and join a men's evening softball league. Games beginning in August. A team representative must attend the league meeting at 6 p.m. Thursday, July 22, at the Eagle Pointe Recreation Center. Games will be played at Pioneer Park.

Tuesday nights 8/3 - 10/5

Men's E-Rec \$550/\$575 (10 Games)

Thursday nights 8/5 - 10/7

Industrial E-Rec \$550/\$575 (10 Games)

NEW FALL FUTSAL LEAGUE - MEN'S

Introducing a new and exciting adult sports league in Commerce City. Get a team together and have a great time playing a scaled down version of outdoor soccer that is enjoyed across the world. Games begin in August and go to October. A team representative must attend the league meeting at 6 p.m. Monday, July 19, at the Eagle Pointe Recreation Center. Games will be played at Fairfax Park.

Monday nights 8/2 - 10/4

Men's E-Rec \$550/\$575 (10 Games)

PRIVATE RACQUETBALL LESSONS

Get one-on-one instruction in racquetball to improve technique and power. Call 303-289-3706 to schedule a private lesson.

1 lesson \$27/\$30

3 lessons \$60/\$64

Additional information can be found on teamsideline.com/commercecity



Tennis Courts

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

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

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

Athletic facility rentals

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

Pioneer Park, 5902 Holly St.

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

Fairfax Park, 6850 Fairfax St.

Three multipurpose baseball/softball fields (Game or practice fields).

Municipal Services Center, 8602 Rosemary St.

Two multipurpose football/soccer fields (Game fields).

Fronterra Park, 10020 Joplin St.

Three multipurpose football/soccer fields (Practice fields).

River Run Park, 11515 Oswego St.

Two multipurpose Football/Soccer Fields (Practice fields)

Monaco Park, 5790 Monaco St.

Two outdoor and volleyball sand courts with lights

Turnberry Park, 10725 Wheeling St.

Three Multipurpose football/soccer fields (Practice Fields)

Villages East Park, 11698 Chambers Rd.

One multipurpose baseball/softball field (Practice field).

Batting cages

Fine-tune your swing. Ideal for team and individual practice. For more information, call 303 289-3706 during business hours or call 303-287-4905 during the hours listed below.

Pioneer Park, 5902 Holly St. (60th and Holly)

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

Fee: \$1.50 for 15 pitches

- \$20 – punch card good for 15 tokens
- \$25 per half-hour (one stall)
- \$40 per hour (one stall)

Spring hours, 4/3-5/28

Mon–Fri, 4-8 p.m.

Sat–Sun, noon-5 p.m.

Summer hours, 5/29-8/6

Mon–Fri, 3-8:30 p.m.

Sat–Sun, Noon-8 p.m.

Fall hours, 8/7-10/3

Mon–Fri, 4-8 p.m.

Sat–Sun, noon-5 p.m.

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

Safety equipment

Helmets are mandatory for fast-pitch softball and baseball.

Bats and helmets are available at the control stand.

YOUTH PROGRAMS

KIDZ ONLY

Ages 6-10

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

8/6 F 6-8:30 p.m. \$10/\$12 7253.201 BR

OLYMPIC FIELD DAY

Ages 3-12

Join us for one day of Olympic themed friendly competition, relays, races, and round robins! What better way to celebrate the Olympics than spending a day competing in Summer Olympic sports and activities? From track events, to archery, to soccer, and basketball shootouts, there is something for every age at this field day event. Come dressed in your country's colors and get ready to win some gold medals!

8/7 Sa 8 a.m.-Noon \$30/\$35 3281.201
Fronterra Park

SUMMER CAMP

Our state licensed summer camps provide a safe and nurturing place for kids and teens to become independent and self-confident- while making new friends and learning new skills. In addition to our Youth Camp Venture (ages 6-10) and Adventure Trek (ages 11- 4), in summer 2021 we will begin offering an LIT program (ages 14-15) for teens who are interested in learning more about what it is like to work with children.

Enrollment Packets

All children attending camp are required to complete an enrollment packet prior to registration. Enrollment packets can be downloaded at www.c3gov.com/camp. Campers who have not submitted complete enrollment packets will not be permitted to register.

Pre-Camp Information Meeting for All Registered Families

6/19 W 6 p.m. EP

YOUTH CAMP VENTURE

This traditional camp for children ages 6-10 offers arts and crafts, STEM, active play, swimming and weekly field trips. Beginning summer 2021, camp will primarily take place outside at Eagle Pointe Recreation Center.

6/1-7/30* M-F \$135/\$160 per week 7 a.m.-6 p.m.



YOUTH CAMP VENTURE SCHEDULE**

Week	Theme	Tentative Field Trip
June 1-June 4*	Full STEAM Ahead	Denver Museum of Nature and Science
June 7-June 10	Wizards, Pirates and Princesses	Pirates Cove
June 14-June 18	Animal Planet	Denver Zoo
June 21-June 25	Astronaut Academy	Space Foundation Discovery Center
June 28-July 1	Sports of All Sorts	Colorado Rockies
July 5-July 8	Time Travelers	CU Museum of Natural History
July 12-16	Under the Big Top	Denver Circus Collective
July 19-22	Master Chef Jr	The Seasoned Chef
July 26-29	Olympics	US Olympic and Paralympic Museum

* No camp Monday, May 31 in observance of Memorial Day

**Sample schedule only. All trips subject to change due to availability and Covid-19 restrictions.

LEADERS IN TRAINING

Our Leaders in Training (LIT) program is designed for teens ages 14-15 who are thinking about a career working with children. Participants will complete a CPR/First Aid course and learn leadership skills, conflict resolution, program planning, and safe supervision techniques. Teens who are interested must complete an application and participate in an interview. If selected to participate, teens must attend a mandatory training and commit to attend a four-week block of camp. Please note that this program will be selective, and some applicants may not be chosen. Contact jboles@c3gov.com for more information on the application and interview process.

6/1-7/30* M-Th 7 a.m.-6 p.m.

Fee: \$135/\$160

Mandatory Training

6/1-6/3 M-Th 9 a.m.-4 p.m. EP

Camp Blocks

LIT Block A

6/7-7/1 M-Th 7 a.m.-6 p.m. EP

LIT Block B

7/5-7/29 M-Th 7 a.m.-6 p.m. EP

* No camp Monday, May 31 in observance of Memorial Day

ADVENTURE TREK

This outdoor adventure program provides a new experience every day. Teens ages 11-15 will travel offsite for hiking, survival skills training, water activities and nature based programming. Drop off and pick up available at Eagle Pointe Recreation Center.

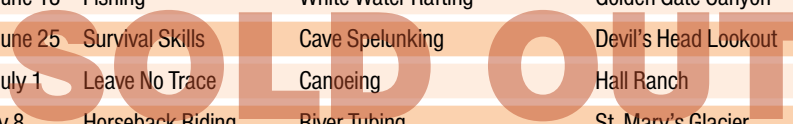
6/1-7/29* M-Th \$135/\$160 per week 7 a.m.-6 p.m.

Week	Monday	Tuesday	Wednesday	Thursday
June 1-June 4*	No Camp	Stand Up Paddle Boarding	Echo Lake	Water World
June 7-June 10	Wilderness First Aid	Kayaking	Chatauqua	Paradice Island
June 14-June 18	Fishing	White Water Rafting	Golden Gate Canyon	High Ropes Course
June 21-June 25	Survival Skills	Cave Spelunking	Devil's Head Lookout	Mountain Biking
June 28-July 1	Leave No Trace	Canoeing	Hall Ranch	Boulder Reservoir
July 5-July 8	Horseback Riding	River Tubing	St. Mary's Glacier	Zipline
July 12-16	Rock Climbing	Stand Up Paddle Boarding	The Incline	Paradice Island
July 19-22	Orienteering	Kayaking	Castlewood Canyon	Elitch Gardens
July 26-29	Survival Skills	White Water Rafting	Georgetown Loop	Aurora Reservoir

Adventure Trek Schedule**

* No camp Monday, May 31 in observance of Memorial Day

**Sample schedule only. All trips subject to change due to availability and Covid-19 restrictions.



SUMMER ENRICHMENT PROGRAM AT BISON RIDGE

Ages 6-10

Our Summer Enrichment Program offers innovative, challenging and fun summer classes in variety of topics, providing an opportunity for every child to explore new subjects, learn new skills and discover new interests in a positive and engaging environment.

Class themes and descriptions below. Please visit www.c3gov.com/camp for program descriptions.

ENRICHMENT CAMP SCHEDULE*

	9-10:30 a.m.	10:30 a.m.-Noon	Noon-12:30 p.m.	12:30-2 p.m.	2 p.m.-4 p.m.
June 1-3	Reduce, Reuse, Recycle \$15/\$21 7651.201	Beaches Around the World \$15/\$21 7651.202	Lunch Bunch \$3/\$7 7651.203	LEGO Minecraft \$45/\$55 7651.204	Total Sports \$50/\$60 7651.205
June 7-10	Baking Craze \$20/\$27 7652.201	Ahoy Mateys! \$20/\$27 7652.202	Lunch Bunch \$5/\$9 7652.203	Denver Fencing \$60/\$70 7652.204	Snapology Robotics \$70/\$80 7652.205
June 14-17	Gallery on the Go! \$50/\$60 7653.201	Shark Week \$20/\$27 7653.202	Lunch Bunch \$5/\$9 7653.203	Chemistry Craze \$30/\$40 7653.204	Superhero Ninja Training \$65/\$75 7653.205
June 21-24	Wacky Science \$20/\$27 7654.201	Crazy Art \$20/\$27 7654.202	Lunch Bunch \$5/\$9 7654.203	Fitness Challenge \$50/\$60 7654.204	Animation Studio \$80/\$90 7654.204
June 28-July 1	Intro to Ukulele \$50/\$60 7655.201	Jurassic Escape \$20/\$27 7655.202	Lunch Bunch \$5/\$9 7655.203	LEGO Superheroes \$50/\$60 7655.204	Omniform Martial Arts \$50/\$60 7655.205
July 5-8	Baking Craze II \$20/\$27 7656.201	STEAM Rollers \$20/\$27 7656.202	Lunch Bunch \$5/\$9 7656.203	Net Games \$50/\$60 7656.204	Video Game Design \$80/\$90 7656.205
July 12-15	Urban Wildlife \$30/\$40 7567.201	Photo Frenzy \$20/\$27 7657.202	Lunch Bunch \$5/\$9 7657.203	Minecraft Engineering with LEGO \$50/\$60 7657.204	60 Second Challenges \$65/\$75 7657.205
July 19-22	More Wacky Science \$20/\$27 7658.201	Kindness Krew \$20/\$27 7658.202	Lunch Bunch \$5/\$9 7658.203	Omniform Martial Arts \$45/\$55 7658.204	Chess Wizards \$80/\$90 7658.205
July 26-29	Gallery on the Go! \$50/\$60 7659.201	Ooey Gooney \$20/\$27 7659.202	Lunch Bunch \$5/\$9 7659.203	LEGO Mosaic \$50/\$60 7659.204	Olympic Games \$60/\$70 7659.205

*No camp on Monday, May 31 in observance of Memorial Day.

Lunch Bunch participants must provide their own lunch.

TEEN PROGRAMS

MIDDLE SCHOOL MADNESS

Grades: 6-8

Party with your friends and make new ones with games, music, fun and prizes!

5/8 Sa 7:15-10 p.m. No entry after 8 p.m. \$2/person BR

THE PAGE TURNERS

Grades 6-8

Grab a book, cozy up, and get lost in the story. Join Recreation staff to discuss a new book each month, create book themed crafts, snack and enjoy the company of others. Group meets throughout month virtually. Will meet in person once monthly.

5/3-5/24 M 4-5 p.m. 7851.112

May: The Lightning Thief

PICKLEBALL

Ages 11-14

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

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

KICKBALL

Ages 11-14

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

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

HORSE TREK: BEGINNER

Ages 11-17

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

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

TEEN NIGHTS AROUND TOWN

Ages 11-17

Enjoy an outdoor party with music, inflatables, games, sports, and food at a neighborhood park near you.

Wednesdays

6/2 W	5-7:30 p.m.	FREE	Pioneer Park
7/7 W	5-7:30 p.m.	FREE	Turnberry Park
8/11 W	5-7:30 p.m.	FREE	Veterans Memorial Park
8/25 W	5-7:30 p.m.	FREE	River Run Park
9/8 W	5-7:30 p.m.	FREE	Fronterra Park



TEEN TREKS

Ages 9-17

Join fitness staff, the police department and recreation staff for the day on your bike. Participants must be prepared to ride for 3-5 miles. Lunch provided.

Bike with Fitness

Discuss health and wellness and how to live a healthier life.

6/7 M	9 a.m. - 1 p.m.	FREE Dick's Sporting Goods Park
6/21 M	9 a.m. - 1 p.m.	FREE River Run Park
7/12 M	9 a.m. - 1 p.m.	FREE Bison Ridge Recreation Center
7/26 M	9 a.m. - 1 p.m.	FREE Alsup Elementary

Bike with Cops

Bike with Cops will return in 2022!

Receive information on safety, rules/laws of the road and how to maintain your bike.

Bike with Recreation

Talk about life, hobbies, school, and recreation opportunities.

6/14 M	9 a.m. - 1 p.m.	FREE
Alsup Elementary		
6/28 M	9 a.m. - 1 p.m.	FREE
Fronterra Park		
7/5 M	9 a.m. - 1 p.m.	FREE
River Run Park		
7/19 M	9 a.m. - 1 p.m.	FREE
Dick's Sporting Goods Park		

TEEN TALKS

Ages 14-17

Join staff for dinner and discuss life, school/college, first jobs, dating, rec activities or wherever the conversation takes us.

5:30-6:30 p.m. FREE

Eagle Pointe Recreation Center: Drop In Room

5/17 M	7801.201
Meet with Marty Walsh- Recreation Superintendent	
6/21 M	7801.202
Meet with Shannon Griffin- Youth Services Supervisor	
Topic: Making Connections	
7/19 M	7801.203
Meet with Leslie Yang- Youth Services Specialist	
Topic: Beyond High School	
8/16 M	7801.204
Meet with Ali Hall- Teen Recreation Coordinator	
Topic: Trends and Fads	

TEEN STRENGTH AND CONDITIONING

Ages 13-17

Wanting to stay in shape over the summer? Gain some muscle before the next sport season? Just want to stay moving and healthy of the summer? This is the class for you! Our Youth Strength and Conditioning class is designed for the average to extremely active kid, with science to back the exercise programming. We take into account the ever changing and growing child's body and create workouts based on their fitness levels. Work on speed, strength, and endurance this summer and you won't be disappointed.

6/3-6/24 Th	9:30-10:30 a.m.	\$50/\$55	3271.201 BR
7/8-7/29 Th	9:30-10:30 a.m.	\$50/\$55	3272.201 BR



Outdoor Recreation Programs

ADVENTURE EXPLORERS: WATER SERIES

Ages 11-17

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

Meet at Bison Ridge Recreation Center

7/2-7/23 F	8 a.m.-3 p.m.	\$140/\$165	7851.201 BR
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7/2- Stand Up Paddleboard

7/9 - Cave Spelunking

7/16 - Kayaking

7/23 - White Water Rafting

TEEN DUSK EXPLORATION

Ages 11-17

Build memories through a hike at dusk. Explore the area and animals that call Bluff Lake home. End the night with a campfire and smores.

Meet at Eagle Pointe Recreation Center and travel off-site.

7/29 Th	7-10 p.m.	\$5/\$10	7801.207 EP
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MOUNTAIN WARRIORS

Ages 13-17

Travel to the mountains for fresh air and hiking. Practice survival skills such as leave no trace, filtering water, and using a compass along the way.

Meet at Bison Ridge Recreation Center

6/4-6/27 F	8:30 a.m.-2:30 p.m.	\$40/\$50	7851.203 BR
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MOUNTAIN ADVENTURE CREW (M.A.C.)

Ages 13-17

Trek through mountain trails, fly high on a zipline, cast your line, and other outdoor activities on this four day, three night trip. Trip will take place at Snow Mountain Ranch- YMCA. After registering, a completed participant packet is required for participation. Download at www.c3gov.com/camp

7/19-7/22 M-Th	\$150/\$200	7801.208
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7/19 - 7 a.m.	Drop Off
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7/22- 4:30 p.m.	Pick Up
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Drop off and pickup at Eagle Pointe Recreation Center.

Mandatory information meeting

7/8 Th 5:30 p.m. Eagle Pointe Recreation Center.

Teen Career Camps

YOUTH CITIZENS POLICE ACADEMY

Youth Citizens Police Academy will return in Summer 2022.



FEMALE FIRST RESPONDER

Ages 14-18

Come experience this hands-on program where you learn what it is like to become a first responder working with Commerce City Police Department, Northglenn Ambulance and South Adams Fire Department. One day program for Summer 2021. Full program will return in Summer 2022.

6/22 Tu	9 a.m. - 4 p.m.	\$10/\$15	7851.203 BR
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NEW! Optional CPR/First Aid Certification!

6/24 Th	9 a.m.- 3 p.m.	\$10/\$15	7851.204 BR
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Participants will complete the training necessary to receive an official certification through the American Heart Association.

MINI POLICE CAMP

Please check the website for updates.

POLICE CAMP

Please check the website for updates.

Want to Get Involved?

YOUTH AND TEEN ADVISORY COMMITTEE – BE A PART OF IT!

YAC members are youth 11-17 who want to have fun and positively impact the community. As a YAC member, you have the chance to work with city leaders, participate in volunteer projects, speak your mind about issues, plan and implement activities and provide leadership for your community.

WOULD YOU LIKE TO BE A NEW YAC MEMBER?

We would love to have you join us for the 2021-2022 school year. Pick up an application at Eagle Pointe or Bison Ridge Recreation Center., or download one from our Web site at www.c3gov.com or call 303-289-3674.

Recreation SCHOLARSHIP Program



ALL AGES CAN APPLY!

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

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

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



Goodfriends Scholarship Program

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



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

For more information contact:

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

GET *More* OUTTA LIFE

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

 [facebook.com/commercecityparksrecgolf](https://www.facebook.com/commercecityparksrecgolf)

 [instagram.com/commercecityparksrecgolf](https://www.instagram.com/commercecityparksrecgolf)

