



COMMERCE CITY PARKS AND RECREATION GUIDE

Winter/Spring 2018

Registration opens Dec. 4

c3gov.com/recreation



Bison Ridge Recreation Center opens spring 2018

IT'S OFFICIAL!
The recreation centers have new names. See page 2.



Renovations begin at existing Eagle Point Recreation Center in early 2018 (Formerly the Commerce City Recreation Center)

Make Holiday Memories



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

Mon 11/27 5-6:30 p.m. FREE Civic Center

19TH ANNUAL WINTERFEST IN COMMERCE CITY – Enjoy family fun, holiday crafts and a special visit from Santa! Sponsored by Adams 14 Education Foundation, Adams City High School, Adams County, Commerce City Business and Professional Association, City of Commerce City, and South Adams County Fire District.

Sat 12/2 9-11:30 a.m. FREE
Adams City High School, 7200 Quebec Pkwy.

“WINTER WONDERLAND” DADDY DAUGHTER DANCE – Stay warm under the twinkling lights of the Winter Wonderland at the annual Daddy Daughter Dance. Enjoy a magical night of dancing, games and prizes. Uncles and nieces, grandfathers and granddaughters are also welcome. Register before Wednesday, Feb. 7 to receive the early bird discount. Ages 4-17 with adult male.

Fri 2/9 6-9 p.m. Eagle Pointe Recreation Center
(Formerly the Commerce City Recreation Center)
7001.104 \$10/\$12 per person (Fees increase to \$13/\$15 per person on 2/7)

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

Sat 12/16 1-3 p.m. (Santa on break from 2-2:15 p.m.) FREE Buffalo Run Golf Course



How can I get to the Recreation Center?

RTD bus routes 48, 62 and 88 stop at the recreation center; check rtd-denver.com or call 303-299-6000.

EAGLE POINTE RECREATION CENTER

(Formerly the Commerce City Recreation Center)

6060 E. Parkway Drive

Phone: 303-289-3760

Fax: 303-289-3783

Mon-Fri • 5:30 a.m.-9:30 p.m.

Sat-Sun • 8 a.m.-5:30 p.m.

Pool closes half-hour before facility.

GAME ROOM

Check the website for updated hours. c3gov.com/recreation

ADULT/SENIOR CENTER

Mon/Wed/Fri • 8:30 a.m.-3:30 p.m.

Tue/Thur • 8:30 a.m.-4:30 p.m.

Adult information 303-289-3720

FACILITY CLOSURES

Nov. 20-21

Nov. 23

Dec. 24 at 1 p.m.

Dec. 25

Dec. 31 at 1 p.m.

Jan. 1, 2018

March 11, 2018

April 1, 2018

IMPORTANT NUMBERS

Class/Event Registration
303-289-3789

Athletic Weather Hotline
303-289-3757

Senior Courtesy Desk
303-289-3756

Buffalo Run Golf Course
303-289-1500

DEPARTMENT STAFF

Carolyn J. Keith,
CPRP, Director














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

Mike Brown,
Park Planning and Operations Manager

Paul Hebinck,
PGA, Golf Manager

Lori Rodcay,
Executive Administrative Support

TABLE OF CONTENTS

Registration and Information	2-5	
For more information, call 303-289-3760		
Family Activities	6	
For more information, call 303-289-3659		
Special Interest	7	
For more information, call 303-289-3720		
Dance	8-9	
For more information, call 303-289-3660		
Fitness	10-12	
For more information, call 303-289-3762		
Gymnastics	13-15	
For more information, call 303-289-3660		
Martial Arts	16	
For more information, call 303-289-3660		
Older Adults	17-21	
For more information, call 303-289-3720		
Sports	22-26	
Call 303-289-3705 for youth programs, 303-289-3763 for adult programs		
Swimming	27-32	
For more information, call 303-289-3711		
Youth and Teens	33-36	
Call 303-289-3659 for preschool and youth programs, 303-289-3674 for teen programs		
Parks and Trails	37-39	
For more information, call 303-289-3760		
Golf	40	
For more information, call 303-289-1500		

How To Read This Guide

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

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

	DAY	DATE	TIME	
	Mon	12/4	8-9 a.m.	FEE FOR
REGISTRATION NO.	1234.123	\$7/\$8		RESIDENT/NONRESIDENT

Registration for winter/spring classes opens **December 4**. Participants can register online, in person or by phone. Classes that are new or part of a specific program are identified with the program logo.

NEW

Denotes a new course or activity offering.



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



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



INTRODUCING THE NEW NAMES FOR THE CITY'S RECREATION CENTERS: BISON RIDGE AND EAGLE POINTE



BISON RIDGE RECREATION CENTER (Opening Spring 2018) 13905 E. 112th Ave.



EAGLE POINTE RECREATION CENTER 6060 E. Parkway Dr.
Formerly named the Commerce City Recreation Center

It's official: the city's new recreation center and the existing recreation center have new names! Earlier this year, the city asked residents to help name the new facility (which opens next spring) and rename the existing recreation center at 6060 E. Parkway Dr.

Participants were asked to submit names around a theme, geographical area or in honor of an individual/organization. The city received nearly 500 online and paper entries for the contest. Winners will see their names included during a dedication ceremony next year.

Eagle Pointe Recreation Center was selected as the new name for the existing recreation center and Bison Ridge Recreation Center was selected as the name for the new recreation center. Both of these powerful and revered animals can be observed locally on the Rocky Mountain Arsenal National Wildlife Refuge here in Commerce City.

CONSTRUCTION IS MOVING ALONG ON BISON RIDGE



Construction is moving along nicely at the Bison Ridge Recreation Center. The building's interior is taking shape as winter approaches. The facility features an indoor pool, gymnastics center, gymnasium with elevated walking/jogging track and self-directed fitness areas. In addition to the 108,000-square-foot building, crews are completing new roadway infrastructure and utilities. Work is expected to be complete in spring 2018.

Visit c3gov.com/QCL or call **303-C3-WORKS (303-239-6757)** to stay updated on the city's capital improvement program.

BISON RIDGE OPENING SPRING 2018

Look for more information on grand opening dates, classes and programs for the Bison Ridge Recreation Center in the upcoming summer 2018 activities guide!

Hours of operation, fees, and programming will be coordinated with those at the existing Eagle Pointe Recreation Center (formerly called the Commerce City Recreation Center) to ensure compatibility and comprehensive programming for the entire community. Renovation work at the existing recreation center will begin soon and last through most of 2018.



Main entrance work at Bison Ridge



Elevated walking track at Bison Ridge



A therapy pool will be added to Eagle Pointe (formerly the Commerce City Recreation Center)



RECREATION FACILITIES

Passes, punch cards and more!



RECREATION CENTER FEES (NOW-AUGUST 6, 2018)

Eagle Pointe (Formerly the Commerce City Recreation Center) and Bison Ridge (opening spring 2018)

	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
Daily	\$3.75	\$4.75	\$6	\$4.75
Resident w/Play Pass	\$1	\$2	\$3	\$2
Nonresident w/Play Pass	\$1.50	\$3.75	\$5	\$3.75
Corporate w/Play Pass			\$3.50	\$3.50
Resident Rates	20-visit	Monthly	Six-month	Annual
Individual Adult	\$48	\$24	\$108	\$187.50
Individual Child, Age 3-7	\$16	\$8	\$36	\$62.50
Individual Youth, Age 8-17	\$32	\$16	\$72	\$125
Individual Senior, Age 62+				\$12
Household of two				\$250
Household of four*				\$375
*Each additional person	\$25			
Nonresident Rates	20-visit	Monthly	Six-month	Annual
Individual Adult	\$80	\$40	\$180	\$312.50
Individual Child, Age 3-7	\$24	\$12	\$54	\$93.75
Individual Youth, Age 8-17	\$60	\$30	\$135	\$235
Individual Senior, Age 62+	\$60	\$12.50	\$75	\$150
Household of two				\$406.25
Household of four*				\$641.25
*Each additional person	\$30			
Corporate Rates	\$56	\$28	\$126	\$218.75



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

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 (*open*) and Bison Ridge (*opening Spring 2018*)
- 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 the Eagle Pointe Recreation Center, 6060 E. Parkway Dr.
- Recreation Play Passes are \$5 for residents, \$6 for corporate members and \$7 for nonresidents
- Proof of residency is required for resident play pass
- Proof of age is needed to purchase or renew a card
- Youth ages 3-15 must have a parent or guardian complete their registration
- Cards are valid for two years; no refunds
- Lost cards can be replaced for \$5 per card

RESIDENCY QUALIFICATIONS

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

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

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

REGISTER EARLY FOR WINTER/SPRING CLASSES

Sign up online, in person or by phone



How to Register

Registration for winter/spring classes and programs begins December 4.

- Phone: 303-289-3789
- In person: 6060 E. Parkway Dr.
- Online: c3gov.com/recreation

If registering online for the first time, you will need to set up an account for payment and contact information; follow the steps displayed on screen. If you have used online registration recently, sign on to your existing account. Please note: new accounts may take up to 24 hours to activate, excluding weekends and holidays. Be sure to set up a new account in advance of winter/spring registration, which begins Dec. 4. Internet reservations not available on a cell phone.

Code of Conduct

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

Non-Discrimination Policy

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

Personal Training Policy

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

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. If you have questions, contact Karen O'Donnell at 303-289-3751.

Personal Release Statement

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

Photo Policy

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

unless doing so interferes with the instructor or other participants, causes a safety concern or infringes upon copyright laws.

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

Corporate Discounts

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

Scholarship Programs

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

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

Donations

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



FUN FAMILY EVENTS

Have fun with your loved ones



FAMILY ACTIVITIES

“Winter Wonderland” Daddy Daughter Dance

Stay warm inside the twinkly “Winter Wonderland” at the annual Daddy Daughter Dance. Enjoy a magical evening of dancing, games, and prizes. Uncles and nieces, grandfathers and granddaughters are also welcome. Register by Wednesday, Feb. 7 to receive the early bird discount. Ages 4-17 with adult male

Fri	2/9	6-9 p.m.	Eagle Pointe Recreation Center	7001.104	\$10/\$12 per person (Fees increase to \$13/\$15 per person on 2/7)
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Mom/Son Game Night

Enjoy some friendly competition and show off your skills at board games, billiards, ping pong and more. Grandmothers and grandsons, aunts and nephews are also welcome! Ages 6-14 with adult female

Mon	2/12	5:30-8 p.m.	Eagle Pointe Recreation Center	7001.105	\$10/\$12 per person
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11th Annual Fishing Frenzy Derby

Celebrate the 11th Annual Fishing Frenzy Derby with Commerce City Parks, Recreation and Golf, Bass Pro Shops and the Rocky Mountain Arsenal National Wildlife Refuge. Participants interact with professional fishermen, learn about the different aspects of fishing, compete in one of the fishing derbies, and win cool prizes. Please bring your own fishing poles and lures if you have them. Fishing Frenzy is held at the Rocky Mountain Arsenal National Wildlife Refuge, 6550 Gateway Rd. Ages 3-15

Sat	4/7	Derby 1: 9-10 a.m.	7001.101	FREE
		Derby 2: 10:30-11:30 a.m.	7001.102	FREE

Check-in starts at 8 a.m. and advance registration is encouraged.



Hunter Education

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

Ages 8 and older

Sat 2/17
8001.101 \$10

9 a.m. – 1 p.m. Eagle Pointe Recreation Center

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

Sat 3/24
8002.101 \$10

9 a.m. – 1 p.m. Eagle Pointe Recreation Center

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

Square Dancing Lessons

Make a circle of new friends, get fit, and have fun in the square dancing class, led by a professional square dance caller! Lessons will follow a slower pace and music than other clubs. This program is for all abilities and no partner is needed. Ages 18 and older

Thursdays 1:30-2:30 p.m.
\$5 drop-in (No classes in March)

Guitar Heroes Level 1

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

Sat 1/13-2/17 10:15-11 a.m.
8211.101 \$32/\$37

Sat 3/10-4/14 10:15-11 a.m.
8212.101 \$32/\$37

Guitar Heroes Level 2

This class expands on the basics learned in Level 1, but allows the teacher further instruction as the students prepare for the next level. Must supply own acoustic guitar. All sheet music provided. Instructor may move students between levels in the best interest of the student. Ages 8-15

Sat 1/13-2/17 11:15 a.m.-Noon
8221.101 \$32/\$37

Sat 3/10-4/14 11:15 a.m.-Noon
8222.101 \$32/\$37

Adult Guitar

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

Sat 1/13-2/17 1:15-2 p.m.
8201.101 \$32/\$37

Sat 3/10-4/14 1:15-2 p.m.
8202.101 \$32/\$37

Line Dance

Grapevine in line and shuffle on over for line dance lessons! This class is ideal for anyone wanting to start dancing, get some light exercise and have fun. Learn balance, movement and have a great time meeting other dancers.

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

NEW Line Dance Party

Learn some fun line dances led by instructor Vera Kerasik, then dance up an appetite for a light lunch. Fee includes instruction and meal cost.

Sat 4/28 8 a.m.-Noon
4601.105 \$8 in advance/\$10 at the door

MEET VERA KARASIK, LINE DANCE INSTRUCTOR

Vera discovered line dancing in 2005 after retiring from teaching. That same year she joined the "Dancin' Divas" group and went on to win 8 gold medals for line dancing at the Senior Olympic Games. Vera has taught line dancing at the recreation center since 2014. The class is open to all skill levels. Learn how to dance in a fun and inviting social atmosphere!



Ceramics Lab

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

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

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



LITTLE TO BIG

Learn dance basics and get ready for dance recitals



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

Register early to take advantage of discounted class fees. Spring classes prepare students for a performance in May.

Creative Movement

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

Ages 3-4

Mon* 1/15-Recital 5:30-6 p.m.
1001.101 by 1/9 \$60/\$70
on 1/10 \$70/\$80

**No class 3/26*

Thu* 1/18-Recital 5:30-6 p.m.
1001.102 by 1/9 \$60/\$70
on 1/10 \$70/\$80

**No class 3/27*

Ballet & Tap

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

Beginning, Ages 5-6

Mon* 1/15-recital 6-6:45 p.m.
1101.101 by 1/9 \$68/\$78
on 1/10 \$78/\$88

**No class 3/26*

Wed* 1/17-recital 6-6:45 p.m.
1101.102 by 1/9 \$68/\$78
on 1/10 \$78/\$88

**No class 3/28*

Thur* 1/18-recital 6-6:45 p.m.
1101.103 by 1/9 \$68/\$78
on 1/10 \$78/\$88

**No class 3/29*

Beginning, Ages 7-8

Thur* 1/18-recital 7:30-8:30 p.m.
1101.104 by 1/9 \$71/\$81
on 1/10 \$81/\$91

**No class 3/29*

Advanced Beginning, by instructor invitation only

Thur* 1/18-recital 6:45-7:30 p.m.
1111.101 by 1/9 \$68/\$78
on 1/10 \$78/\$88

**No class 3/29*

Intermediate, by instructor invitation only

Mon* 1/15-recital 6:45-7:30 p.m.
1122.101 by 1/9 \$68/\$78
on 1/10 \$78/\$88

**No class 3/26*

Advanced, by instructor invitation only

Mon* 1/15-recital 7:30-8:15 p.m.
1141.101 by 1/9 \$68/\$78
on 1/10 \$78/\$88

**No class 3/26*

Now hiring dance instructors! Visit c3gov.com/jobs.



DARE TO DANCE

Class lineup offers something for all ages



Poms

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

Wed*	1/17-recital	7-8 p.m.
1501.101	by 1/9	\$71/\$81
	on 1/10	\$81/\$91

**No class 3/28*

Lyrical Dance

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

Wed*	1/17-recital	8-9 p.m.
1341.101	by 1/9	\$71/\$81
	on 1/10	\$81/\$91

**No class 3/28*

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*	1/16-recital	5:30-6:30 p.m.
1201.101	by 1/9	\$71/\$81
	on 1/10	\$81/\$91

**No class 3/27*

Intermediate, ages 11-16

Tue*	1/16-recital	6:30-7:30 p.m.
1211.101	by 1/9	\$71/\$81
	on 1/10	\$81/\$91

**No class 3/27*

Advanced, by instructor invitation only

Tue*	1/16-recital	7:30-8:30 p.m.
1241.101	by 1/9	\$71/\$81
	on 1/10	\$81/\$91

**No class 3/27*





EAGLE POINTE RECREATION CENTER DROP-IN GROUP FITNESS SCHEDULE (FORMERLY THE COMMERCE CITY RECREATION CENTER)



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

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

Registration is required for asterisked and highlighted classes. All classes, except those with an asterisk or highlight, are included with a membership or punch card use. Group and aqua fitness classes are included with annual, SilverSneakers®, monthly memberships, and 20 punch cards. Enroll in a highlighted class by visiting or calling the registration desk at 303-289-3789.

20/20 Fitness

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

Beats by Iris

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

Cardio Kick, Core & More

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

Cycle/Step

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

Fitness Boot Camp

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

Kickboxing/Strength Express

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

Power Circuit

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

Senior Strength

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

View the current group exercise schedule online at c3gov.com/recreation or pick up a hard copy at the front desk.

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

6060 E. Parkway Dr. • c3gov.com/recreation • 303-289-3760

Teen Weight Lifting*

Getting fit can help boost self-esteem, confidence, and improve athletic ability. This class includes hands-on learning to plan an effective workout and use the weight equipment safely and properly.

Totally Toned

A mix of cardio and toning exercises to give you a great workout and boost your energy mid-day.

Weight Loss Boot Camp*

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

Women on Weights*

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

Yoga

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

Zumba®

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

Zumba Sentao®

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

SilverSneakers® Circuit

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

SilverSneakers® Classic

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

SilverSneakers® Yoga

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



Weight Room Orientation

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

Fitness Assessments

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

\$25/\$30

Body Composition

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

Fitness Consult

Are you intimidated by all the advice you hear from shows, magazines, and friends? Come learn what is real and what is not in a one-on-one discussion with the fitness coordinator. Bring questions, dispel myths, and actually learn what it takes to gain control of your health in this FREE 30-minute consultation.

Personal Training

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

ONE-HOUR TRAINING FOR THE INDIVIDUAL

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

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

SEMI-PRIVATE SESSION (2-3 PEOPLE)

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

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

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





GET FIT WITH SPECIALTY CLASSES



BRING A FRIEND! PRE-REGISTRATION IS MANDATORY FOR ALL SPECIALTY FITNESS CLASSES AND A MINIMUM OF FOUR PARTICIPANTS ARE REQUIRED FOR A SESSION TO BEGIN.

Teen Weightlifting

Getting fit can help boost self-esteem, confidence and improve athletic ability. Classes include 90 minutes of hands-on learning to plan an effective workout and use the weight equipment safely and properly. Participants must attend both classes in a session in order to successfully pass the class.

Session 1

Sat 1/13 & 1/20 10-11:30 a.m.
3111.101 \$15/\$20

Session 2

Sat 3/10 & 3/17 10-11:30 a.m.
3112.101 \$15/\$20

Women on Weights

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

Session 1

Sat 1/13-2/17 (6 weeks) 8:30-9:30 a.m.
3101.101 \$28/\$33

Session 2

Sat 3/3-4/7 (6 weeks) 8:30-9:30 a.m.
3102.101 \$28/\$33

Weight Loss Boot Camp

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

Session 1

Tue/Thur 1/9-2/15 (6 weeks) 4:30-5:30 p.m.
3701.101 \$65/\$75

Session 2

Tue/Thur 2/27-4/5 (6 weeks) 4:30-5:30 p.m.
3702.101 \$65/\$75

NEW YEAR, NEW YOU WITH PERSONAL TRAINING

10 percent off of personal training packages

The New Year is here and now is the time to improve your health. During the month of January, personal training packages for Commerce City residents will be discounted by 10 percent. Remember, a year from now you will wish you started today!

Enrollment paperwork must be completed before sessions are purchased. Please contact the fitness/wellness coordinator at 303-289-3762 to get started.

NOW HIRING

Now hiring group exercise instructors and personal trainers for both the Bison Ridge and Eagle Pointe Recreation Centers. Experience preferred but not required. If you are interested in learning more about this opportunity please contact the Fitness/Wellness Coordinator at 303-289-3762.



TUMBLE TO THE TOP

Beginning level classes focus on movement



Registration for parent-taught and pre-gymnastics starts Dec 4.

Parent-Taught, ages 2-4 with adult

Explore the exciting world of gymnastics. Tumble and move with fun activities using wedge mats, dancing, an obstacle course and more.

Tue 1/9-2/20 9:30-10:15 a.m.
2101.101 by 1/2 \$27/\$37
on 1/3 \$37/\$47

Fri 1/12-2/23 9:30-10:15 a.m.
2101.102 by 1/2 \$27/\$37
on 1/3 \$37/\$47

Sat 1/13-2/24 9-9:45 a.m.
2101.103 by 1/2 \$27/\$37
on 1/3 \$37/\$47

Tue 3/13-4/24 9:30-10:15 a.m.
2102.101 by 3/6 \$27/\$37
on 3/7 \$37/\$47

Fri 3/16-4/27 9:30-10:15 a.m.
2102.102 by 3/6 \$27/\$37
on 3/7 \$37/\$47

Sat 3/17-4/28 9-9:45 a.m.
2102.103 by 3/6 \$27/\$37
on 3/7 \$37/\$47

Pre-Gymnastics, ages 4-5

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

Tue 1/9-2/20 10:30-11:15 a.m.
2201.101 by 1/2 \$27/\$37
on 1/3 \$37/\$47

Fri 1/12-2/23 10:30-11:15 a.m.
2201.102 by 1/2 \$27/\$37
on 1/3 \$37/\$47

Sat 1/13-2/24 10-10:45 a.m.
2201.103 by 1/2 \$27/\$37
on 1/3 \$37/\$47

Sat 1/13-2/24 11-11:45 a.m.
2201.104 by 1/2 \$27/\$37
on 1/3 \$37/\$47

Tue 3/13-4/24 10:30-11:15 a.m.
2202.101 by 3/6 \$27/\$37
on 3/7 \$37/\$47

Fri 3/16-4/27 10:30-11:15 a.m.
2202.102 by 3/6 \$27/\$37
on 3/7 \$37/\$47

Sat 3/17-4/28 10-10:45 a.m.
2202.103 by 3/6 \$27/\$37
on 3/7 \$37/\$47

Sat 3/17-4/28 11-11:45 a.m.
2202.104 by 3/6 \$27/\$37
on 3/7 \$37/\$47

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 1/8-2/19 6-7 p.m.
2301.101 by 1/2 \$30/\$40
on 1/3 \$40/\$50

Wed 1/10-2/21 6-7 p.m.
2301.102 by 1/2 \$30/\$40
on 1/3 \$40/\$50

Sat 1/13-2/24 Noon-1 p.m.
2301.103 by 1/2 \$30/\$40
on 1/3 \$40/\$50

Sat 1/13-2/24 Noon-1 p.m.
2301.104 by 1/2 \$30/\$40
on 1/3 \$40/\$50

Mon 3/12-4/23 6-7 p.m.
2302.101 by 3/6 \$30/\$40
on 3/7 \$40/\$50

Wed 3/14-4/25 6-7 p.m.
2302.102 by 3/6 \$30/\$40
on 3/7 \$40/\$50

Sat 3/17-4/28 Noon-1 p.m.
2302.103 by 3/6 \$30/\$40
on 3/7 \$40/\$50

Sat 3/17-4/28 Noon-1 p.m.
2302.104 by 3/6 \$30/\$40
on 3/7 \$40/\$50

Early registration for beginning, advanced beginning and intermediate class levels starts **Dec. 26 for Commerce City residents and Dec. 28 for nonresidents for session 1, ending on Jan. 1.** Starting Jan 2, late registration is accepted as space is available in classes, with a \$10 per class fee increase. Session 2 early registration opens **Feb. 26 for Commerce City residents and Feb. 28 for nonresidents, ending on Mar 6.** Starting on Mar 7, late registration is accepted as space is available in classes, with a \$10 per class fee increase. Register early to secure your spot and take advantage of the discounted class rates.

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



FOLLOW THE BEAM TO YOUR DREAMS



Advanced Beginning Gymnastics, ages 6-17

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

Mon	1/8-2/19	7-8 p.m.
2311.101	by 1/2	\$30/\$40
	on 1/3	\$40/\$50
Wed	1/10-2/21	7-8 p.m.
2311.102	by 1/2	\$30/\$40
	on 1/3	\$40/\$50
Sun	1/14-2/25	1-2 p.m.
2311.103	by 1/2	\$30/\$40
	on 1/3	\$40/\$50
Mon	3/12-4/23	7-8 p.m.
2312.101	by 3/6	\$30/\$40
	on 3/7	\$40/\$50
Wed	3/14-4/25	7-8 p.m.
2312.102	by 3/6	\$30/\$40
	on 3/7	\$40/\$50
Sun	3/18-4/29	1-2 p.m.
2312.103	by 3/6	\$30/\$40
	on 3/7	\$40/\$50

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 advanced beginning-level skills and have instructor approval to move up to the intermediate level.

Mon	1/8-2/19	6-7:30 p.m.
2321.101	by 1/2	\$33/\$43
	on 1/3	\$43/\$53
Sun	1/14-2/25	2-3:30 p.m.
2321.102	by 1/2	\$33/\$43
	on 1/3	\$43/\$53
Mon	3/12-4/23	6-7:30 p.m.
2322.101	by 3/6	\$33/\$43
	on 3/7	\$43/\$53
Sun	3/18-4/29	2-3:30 p.m.
2322.102	by 3/6	\$33/\$43
	on 3/7	\$43/\$53

What to wear and lesson information

Clothing

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

Private lessons

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

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

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

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

Now hiring gymnastics instructors! Visit c3gov.com/jobs.



CARTWHEELS TO COMPETITION

CARA teams offer chance to compete in gymnastics



Registration for all CARA team level programs start **Dec. 4**. There is an additional \$10 charge to register for classes within one week of the start date. Register early to take advantage of discounted fees.

CARA Girls Gymnastics Team Level 2 , ages 6-17

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

Tue	1/9-1/30	5:30-7:30 p.m.
2441.101	by 1/3	\$35/\$45
(4 weeks)	on 1/4	\$45/\$55
Thur	1/11-1/25	5:30-7:30 p.m.
2441.102	by 1/5	\$27/\$37
(3 weeks)	on 1/6	\$37/\$47
Tue	2/6-2/27	5:30-7:30 p.m.
2442.101	by 1/31	\$35/\$45
(4 weeks)	on 2/1	\$45/\$55
Thur	2/1-2/22	5:30-7:30 p.m.
2442.102	by 1/26	\$35/\$45
(4 weeks)	on 1/27	\$45/\$55
Tue	3/6-3/27	5:30-7:30 p.m.
2443.101	by 2/28	\$35/\$45
(4 weeks)	on 3/1	\$45/\$55
Thur	3/1-3/29	5:30-7:30 p.m.
2443.102	by 2/23	\$44/\$54
(5 weeks)	on 2/24	\$54/\$64
Tue	4/3-4/24	5:30-7:30 p.m.
2444.101	by 3/28	\$35/\$45
(4 weeks)	on 3/29	\$45/\$55
Thur	4/5-4/26	5:30-7:30 p.m.
2444.102	by 3/30	\$35/\$45
(4 weeks)	on 3/31	\$45/\$55

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

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

Tue/Thur	1/9-1/30	5:30-7:30 p.m.
2401.101	by 1/3	\$76/\$86
	on 1/4	\$86/\$96
Tue/Thur	2/1-2/27	5:30-7:30 p.m.
2402.101	by 1/26	\$87/\$97
	on 1/27	\$97/\$107
Tue/Thur	3/1-3/29	5:30-7:30 p.m.
2403.101	by 2/23	\$98/\$108
	on 2/24	\$108/\$118
Tue/Thur	4/3-4/26	5:30-7:30 p.m.
2404.101	by 3/28	\$87/\$97
	on 3/29	\$97/\$107

CARA Girls Gymnastics Team Optional Levels, ages 6-17

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

Tue/Thur	1/9-1/30	7:15-9:15 p.m.
2411.101	by 1/3	\$76/\$86
	on 1/4	\$86/\$96
Tue/Thur	2/1-2/27	7:15-9:15 p.m.
2412.101	by 1/26	\$87/\$97
	on 1/27	\$97/\$107
Tue/Thur	3/1-3/29	7:15-9:15 p.m.
2413.101	by 2/23	\$98/\$108
	on 2/24	\$108/\$118
Tue/Thur	4/3-4/26	7:15-9:15 p.m.
2414.101	by 3/28	\$87/\$97
	on 3/29	\$97/\$107

CARA Girls Gymnastics Team Elective Practice, ages 6-17

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

Level 3 and 4

Fri	1/12-1/26	5:30-7:30 p.m.
2431.101	by 1/6	30/\$40
	on 1/7	\$40/\$50
Fri	2/2-2/23	5:30-7:30 p.m.
2432.101	by 1/27	\$40/\$50
	on 1/28	\$50/\$60
Fri	3/2-3/30	5:30-7:30 p.m.
2433.101	by 2/24	\$50/\$60
	on 2/25	\$60/\$70
Fri	4/6-4/27	5:30-7:30 p.m.
2434.101	by 3/31	\$40/\$50
	on 4/1	\$50/\$60

Optional Levels

Fri	1/12-1/26	7:15-9:15 p.m.
2431.102	by 1/6	\$30/\$40
	on 1/7	\$40/\$50
Fri	2/2-2/23	7:15-9:15 p.m.
2432.102	by 1/27	\$40/\$50
	on 1/28	\$50/\$60
Fri	3/2-3/30	7:15-9:15 p.m.
2433.102	by 2/24	\$50/\$60
	on 2/25	\$60/\$70
Fri	4/6-4/27	7:15-9:15 p.m.
2434.102	by 3/31	\$40/\$50
	on 4/1	\$50/\$60



MASTER THE MARTIAL ARTS

Reduce stress, increase productivity,
and build self-confidence



Taekwondo

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

Session 1: 6 weeks

Tue	1/9-2/13	6:30-8 p.m.
1051.101	by 1/3	\$32/\$37
	on 1/4	\$42/\$47
Tue/Thur	1/9-2/15	6:30-8 p.m.
1051.102	by 1/3	\$60/\$65
	on 1/4	\$70/\$75
Thur	1/11-2/15	6:30-8 p.m.
1051.103	by 1/5	\$32/\$37
	on 1/6	\$42/\$47

Session 2: 6 weeks

Tue	3/6-4/10	6:30-8 p.m.
1052.101	by 2/28	\$32/\$37
	on 3/1	\$42/\$47
Tue/Thur	3/6-4/12	6:30-8 p.m.
1052.102	by 2/28	\$60/\$65
	on 3/1	\$70/\$75
Thur	3/8-4/12	6:30-8 p.m.
1052.103	by 3/2	\$32/\$37
	on 3/3	\$42/\$47

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





THE NEXT CHAPTER

Informational and educational programs



Talking Book Library

For people who cannot read standard print, The Colorado Talking Book Library (CTBL) provides free service audio, Braille and large-print books and magazines to keep English and Spanish speakers connected to reading, stories and adventure. The CTBL serves more than 7,000 people each year! Many people do not realize that “print disability” may affect those with multiple sclerosis, Parkinson’s, stroke patients, arthritis, chemo, dialysis and surgical patients. Learn more during this informative presentation.

Wed 1/3 11 a.m.-12:30 p.m.
4701.101 \$2/\$3

NEW A Matter of Balance

Many older adults experience concerns about falling and restrict their activities as a result. The Volunteers of America will return to teach this popular class to ease those fears and help you live your life to the fullest. This class is 8 sessions. Pre-registration required.

Wed 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28
4701.104 10 a.m.-Noon
Free (60 years of age and older) or
\$15 per person (60 and under; includes all classes)

AARP Driver Safety

Learn defensive driving techniques, new traffic laws, rules of the road and how to deal with aggressive drivers. Course participants may be eligible to receive an insurance discount. (Consult your insurance agent for further details). Class is \$15 for AARP members and \$20 for nonmembers. Payment is due to the instructor on the day of class, but please pre-register so that we can accurately prepare class materials.

Wed 1/24 8:30 a.m.-12:30 p.m.
4701.105 \$15/\$20

Volunteer with Purses to Go

“Purses to Go” is a grassroots community organization providing new and used purses filled with personal care items for local shelters and women in need. Meet Sandy Schmoller, the group’s founder and learn how you can be a part of giving a woman a purse and hope.

Thur 2/8 11 a.m.-12:30 p.m.
4701.102 FREE

NEW Pre-Planning Final Arrangements: Part 1

Having a serious discussion with family members about sensitive topics is never easy and talking about death to your loved ones would definitely top that list. Come join us for an enlightening discussion on how to have this conversation in a “dinner table friendly” way.

Tue 3/13 11 a.m.
4701.103 \$2/\$3

NEW Pre-Planning Final Arrangements: Part 2 with Olinger Cemetary and Mortuary

Although it is not always easy talking about, making end of life arrangements ahead of time is really the best way to ensure people get what they want and don’t burden their families emotionally or financially when the time comes. Come join the discussion about personalized services that reflect who you are and how you lived. Pre-registration is required.

Wed 4/4 10-11:30 a.m.
4701.107 FREE

2018 Adams County Aging Network Senior Conference

Don’t miss out on this educational, fun-filled day of seminars and exhibits enriching the senior mind, body and spirit. The fee includes transportation, conference registration, continental breakfast and lunch. Registration deadline is April 18.

Thur 4/26 8 a.m.-2 p.m.
4501.130 \$13 per person

YOU HAVE A VOICE IN OLDER ADULT PROGRAMS

Senior Advisory Committees

Commerce City ensures older adults have a voice in programs, services and activities through the efforts of the Program, Outreach, and Health/Wellness committees, made up of senior volunteers. For more information or to find out when meetings are, contact Derrick Tripp at 303-289-3761.

On the Move Newsletter

Find information on special events, community resources, seminars and exciting day trips in the monthly senior newsletter. Pick up a copy at the Older Adult/Senior Center or we can mail it to you; call 303-289-3756.

Goodfriends Scholarship Program

Adults 55 and older can apply for partial funding of any and all recreation center activities, including fitness, memberships, trips, special events and educational programs. Applicants may receive an annual amount of up to \$50 to credit toward activity registration fees. Applicants need not meet any income qualifications and all requests are confidential. Contact Zach Roth at 303-289-3720 or pick up a form at the senior center front desk.



MARK YOUR CALENDAR

All events take place at the older adult/senior center



Birthday Lunch

A new twist to birthday lunches as we will be celebrating bi-monthly with entertainment provided at each event! Current and following month's birthdays will be celebrated and include a great, nutritionally balanced lunch and dessert. Signup deadline is the Thursday prior to each date. Doors open at 11:45 a.m. for wheelchair seating and other accommodations. Check out the *On the Move* newsletter for upcoming menus and entertainment.

Tue	1/16	Noon	4201.101	\$7/\$9
Tue	3/20	Noon	4201.102	\$7/\$9

2018 Senior Focus Group

NEW Format! Have a great idea for a senior event or class you would like to see? We want to hear from you! The parks and recreation division is hosting a focus group to gather your thoughts and input to create an action plan for 2018. Please pre-register so that we can prepare enough material.

Thur	1/11	3 p.m.		
4701.108		FREE		

History of the Denver Broncos

Take a walk down Broncos memory lane with Scott Perry. Scott is a true Denver Broncos fanatic and historian. Come listen to and share stories about our beloved NFL team.

Fri	1/12	10-11:30 a.m.		
4701.107		\$3/\$4		

Pie and Coffee

Join us for pie on National Pie Day, the sweetest holiday of them all! This delicious day was recognized by the American Pie Council in 1986 and has been going strong ever since. Sample a selection of pies and enjoy this social hour with your friends.

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

VIP Recognition Event

If you participated in at least 12 trips with the Commerce City Senior Center between July 1-Dec. 31, 2017, we want to recognize you as a VIP trip participant. Pre-registration is required.

Thur	1/25	11 a.m.-12:30 p.m.		
4601.101		FREE		

Renaissance Scots Living History

Experience Celtic and Highland Scottish life and crafts, from the time of William Wallace through the Jacobite uprising in 1745. Learn more about the Scottish contributions on American culture in this entertaining presentation!

Tue	2/13	10 a.m.-Noon		
4701.106		\$5/\$6		

Valentine's Day Biscuits and Gravy Breakfast

Bring your sweetie down to the older adult/senior center and enjoy an early start to the Valentine's Day holiday. Breakfast includes a traditional biscuit with sausage gravy meal and proceeds benefit the Goodfriends scholarship program.

Wed	2/14	7-10 a.m.		\$3.50 at the door
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NEW Easter Tea

Put on your spring finest and attend a special Easter Tea hosted by the Senior Advisory Committees. Sample finger sandwiches, quiche, and sweet treats and sip a variety of teas.

Fri	3/30	11 a.m.-1 p.m.		
4601.104		\$8/\$9		

Coffee with Lisa Nordholt

Enjoy coffee and a light snack with Lisa Nordholt, youth services recreation supervisor. Pre-registration is required.

Tue	4/17	10-11 a.m.		
4601.103		FREE		

Potato Soup Day

Meet a friend for a hearty, healthy lunch of delicious potato soup, with fresh rolls and dessert for \$3.50 per person. Proceeds benefit the Goodfriends scholarship program.

Wed	4/27	11 a.m.-1 p.m.		\$3.50 at the door
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SENIOR CENTER WINTER OLYMPICS WEEK

Winter Olympic Games

Go for the gold in this exciting Winter Olympic themed competition that will include curling, snowball toss, and more. Drink and snacks provided and gift cards will be awarded to the top three finishers!

Wed	2/21	9 a.m.-Noon	4601.106	\$4/\$5
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Movie Viewing: "Miracle"

Watch the film "Miracle," about the true story of Herb Brooks (Kurt Russell), the player- turned-coach who led the 1980 U.S. Olympic hockey team to victory over Russia. Popcorn included!

Thur	2/22	1 p.m.	4601.107	FREE
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American Mountaineering Museum

Travel to Golden and visit the first and only museum in the nation dedicated to mountaineering history.

Tue	2/27	10 a.m. - 2 p.m.	4501.118	\$10/\$11
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Older Adult/Senior Center

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

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

Tax Assistance

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

NEW LOCATIONS!

Adams County Government Center
 4430 S Adams County Pkwy
 Brighton, CO 80601
 Tue/Wed/Thur
 1/30-4/12/18 9 a.m. – 3 p.m.

Adams County Human Services Center
 11860 Pecos St
 Westminster, Co 80234
 Tue/Wed/Thur
 1/30-4/12/18 9 a.m. – 3 p.m.

Transportation

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

Health Services

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

Now hiring van drivers for senior trips, up to \$11.50/hour

Apply to become a van driver for senior day trips!

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

Recognition of the Sick

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

Technology is Hard

Steve Latham, resources specialist for Commerce City, assists people with questions about their technology every second and fourth Wednesday of the month from 9-11 a.m. Make an appointment by calling 303-289-8108.

Questions about Medicare/Medicaid

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

Life Isn't Easy

Share your life experiences, good and bad, in this monthly support group. Discuss topics such as the joys and pains of daily living such as aging, the loss of a loved one, financial hardship, medical diagnoses, and caregiving. This discussion group is coordinated by Steve Latham, resource specialist for Commerce City.

Mondays 10-11:30 a.m. FREE
 1/15, 2/5, 2/19, 3/5, 3/19, 4/2, 4/16

All activities take place at Eagle Pointe Recreation Center (Formerly the Commerce City Recreation Center)

DROP-IN FOR FREE AND FUN ACTIVITIES

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



THE HOTTEST TICKET IN TOWN AND YOU'RE INVITED

Travel on a day trip



Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
JANUARY							
1/4	Thur	4401.101	Shop Around Town (Craft) <i>Find a bargain at local craft stores in the Denver area.</i>	Denver Area	2	9 a.m.-5 p.m.	\$7/\$8
1/10	Wed	4501.110	Lunch & Movie <i>Catch the latest Hollywood blockbuster with friends. Lunch cost separate.</i>	Denver	1	11 a.m.-5 p.m.	\$6/\$7
1/17	Wed	4501.111	National Western Stock Pro Rodeo <i>Bulls and broncos, cowboys and cowgirls - watch rodeo superstars perform amazing feats of athleticism.</i>	Denver	3	10:30 a.m.-2 p.m.	\$20/\$21
1/20	Sat	4501.112	Indian Market and Southwest Showcase <i>Meet hundreds of artists as they display their dazzling works of Indian, southwest, western, and wildlife art.</i>	Denver	2	9:45 a.m.-2 p.m.	\$18/\$19
1/22	Mon	4501.103	Dinner Out "Red Lobster" <i>Join your friends and dine on delicious seafood at Red Lobster in Denver. Dinner cost separate.</i>	Denver	1	4:30-8 p.m.	\$7/\$8
1/26	Fri	4501.113	International Snow Sculptures Championship <i>Watch these 25-ton blocks of snow turn into sculptures. Dress warm for this outdoor event!</i>	Breckenridge	3	9 a.m.-7 p.m.	\$8/\$9
1/30	Tue	4501.114	Imax "Conquest of the Skies" 3D <i>Watch the story of flight, from the very first insects to the incredible creatures which rule the skies today.</i>	Denver	1	9:45 a.m.-3 p.m.	\$19/\$20
1/31	Wed	4501.115	Skyline Ice Skating Rink & Lunch <i>Take a spin around the outdoor ice rink and enjoy lunch with friends. Lunch cost separate.</i>	Denver	3	11 a.m.-2 p.m.	\$7/\$8
FEBRUARY							
2/1	Thur	4401.102	Shop Around Town (Craft) <i>Look for the best bargains in the Denver area.</i>	Denver Area	2	9 a.m.-5 p.m.	\$7/\$8
2/7	Wed	4501.107	Gambling Bull Durham <i>Take in the beautiful mountain scenery on the way to Bull Durham Casino in Black Hawk.</i>	Black Hawk	3	9 a.m.-3 p.m.	\$7/\$8
2/10	Sat	4501.116	Denver Travel Festival <i>Come and explore local and far away destinations.</i>	Denver	1	9:45 a.m.-3 p.m.	\$15/\$16
2/15	Thur	4501.101	Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$10/\$11
2/24	Sat	4501.117	Whistling Hare Distillery <i>Sample spirits made from organic ingredients at this Colorado craft distillery.</i>	Westminster	1	3:30-8 p.m.	\$7/\$8
2/26	Mon	4501.104	Dinner Out "Smokin Dave's BBQ" <i>Feast on award winning BBQ. Dinner cost separate.</i>	Denver	1	4:30-8 p.m.	\$7/\$8
2/27	Tue	4501.118	American Mountaineering Museum <i>Visit the first and only museum in the nation dedicated to mountaineering history.</i>	Golden	2	10 a.m.-2 p.m.	\$10/\$11
MARCH							
3/1	Thur	4401.103	Shop Around Town (Craft) <i>Find inspiration for your next big arts and craft project.</i>	Denver Area	2	9 a.m.-5 p.m.	\$7/\$8
3/6	Tue	4501.119	Boulder Dinner Theatre "Glen Miller Orchestra" <i>Enjoy big band hits at this dinner and theatre show. Ticket price includes dinner.</i>	Boulder	2	1-5:15 p.m.	\$49/\$50
3/7	Wed	4501.120	Denver Art Museum "Degas" <i>This exhibition will showcase more than 100 works consisting of paintings, drawings, pastels, from French artist Edgar Degas. Denver is the only stop on this North American tour!</i>	Denver	2	11 a.m.-4 p.m.	\$25/\$26
3/8	Thur	4501.121	Lakewood Symphony presents Mediterranean Lunch <i>Enjoy a Mediterranean feast for the ears with classical works by Rossini, Puccini, and Mendelssohn's masterpiece, the Italian Symphony. Space is limited and there is no meal stop on this trip.</i>	Lakewood	1	6:45-11 p.m.	\$20/\$21
3/15	Thur	4501.109	Mystery Trip <i>Sign up early and let staff surprise you on a mystery trip!</i>	Denver	3	9 a.m.-5 p.m.	\$11/\$12

OLDER ADULT

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

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

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

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

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

Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
3/22	Thur	4501.123	Shopping at Duluth Trading Company <i>You've seen the catalog, now shop at the store that is known for work wear designed and tested by tradesmen.</i>	Thornton	2	9:30 a.m.-2:30 p.m.	\$7/8
3/26	Mon	4501.105	Dinner out "Olive Garden" <i>Enjoy a delicious Italian feast with friends at Olive Garden. Dinner cost separate.</i>	Stapleton	1	4:30-8 p.m.	\$7/8
3/27	Tue	4501.124	Clyfford Still Museum <i>View the large-scale paintings and archives of abstract expressionist artist, Clyfford Still.</i>	Denver	2	10 a.m.-2 p.m.	\$15/16
3/29	Thur	4501.125	Downtown Aquarium & Lunch <i>Spend an afternoon under the sea at the downtown aquarium. Lunch cost separate.</i>	Denver	3	10 a.m.-3 p.m.	\$25/26
APRIL							
4/5	Thur	4401.104	Shop Around Town (Outlet) <i>Find the best deals in town at local outlet stores.</i>	Denver Area	2	9 a.m.-5 p.m.	\$7/8
4/10	Tue	4501.102	Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$10/\$11
4/11	Wed	4501.108	Gambling "Easy Street" <i>Take in the beautiful mountain scenery on our way to Central City, Colorado.</i>	Central City	3	9 a.m.-3 p.m.	\$7/\$8
4/12	Thur	4501.126	Shopping at Scheels All Sports Center <i>Find all the products you need for sports, hunting, fishing, camping and more!</i>	Loveland	2	10 a.m.-4 p.m.	\$7/\$8
4/13	Fri	4501.127	International Cuisine "The English Teacup" <i>Enjoy authentic English cuisine and teas. Lunch cost separate.</i>	Aurora	1	10:30 a.m.-2 p.m.	\$7/\$8
4/16	Fri	4501.122	Balistreri Vineyards Tasting & Lunch <i>Sample award winning wines and a tour the wine cellar. Lunch cost included.</i>	Denver	2	10:45 a.m.-3 p.m.	\$17/18
4/23	Mon	4501.106	Dinner out "Texas Roadhouse" <i>Enjoy steaks, made-from-scratch sides, and fresh-baked rolls at this Western-themed chain.</i>	Northglenn	1	4:30-8 p.m.	\$7/\$8
4/24	Tue	4501.128	Top Golf <i>Take a swing and enjoy fun golf games for all levels. Lunch cost separate.</i>	Centennial	3	10 a.m.-4 p.m.	\$20/\$21
4/25	Wed	4501.129	Dinosaur Ridge <i>View more than 15 fossil and geologic sites along a 1.1 mile paved trail.</i>	Morrison	3	10 a.m.-3 p.m.	\$13/\$14
4/26	Thur	4501.130	Adams County Aging Network Conference <i>Enjoy an educational, fun-filled day of seminars and exhibits for seniors. Includes conference registration, transportation, continental breakfast and lunch. Register by 4/23, tickets are \$12 at the door after 4/23.</i>	T.B.A.	2	8 a.m.-3 p.m.	\$10/\$11
4/30	Mon	4501.131	Lunch Out "Buffalo Restaurant" <i>Enjoy buffalo burgers and more at this quaint restaurant in historic Idaho Springs. Lunch cost separate.</i>	Idaho Springs	2	10 a.m.-2 p.m.	\$7/\$8



YOUTH BASKETBALL

Get in the game with the Junior Nuggets



JUNIOR NUGGETS

Hoop it up with Commerce City and the Denver Nuggets in 2018! All participants will receive a Denver Nuggets jersey and two free tickets to see a Denver Nuggets game at the Pepsi Center.

Grades K-6. Registration is open 12/4-12/31.

Division I (Coed Clinic) Kindergarten

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

Registration Deadline: 12/31

Start Date: Wed 1/24 (6 weeks) \$45/\$53

Division II (Coed League Play) Grades 1-2

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

Registration Deadline: 12/31

Start Date: Week of 1/8 (8 weeks) \$60/\$71

Division III – Grades 3-4

Division IV – Grades 5-6

(Separate Boys and Girls League)

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

Registration Deadline: 12/31

Start Date: Week of 1/8 (8 weeks) \$70/\$83

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



Denver Nuggets Skills Challenge

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

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

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

Fri 1/12 6 p.m. Eagle Pointe Recreation Center

Make a difference and coach youth sports

The Commerce City Parks, Recreation and Golf department relies on volunteers to coach youth sports. All it takes to be a successful coach in the program is a willingness and desire to help children. You can ensure each child has a great experience in organized sports by learning the skills necessary for successful coaching through the National Youth Sports Coaches Association (NYSCA).



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

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

COMMERCE CITY YOUTH SPORTS

*DEVELOP TEAMWORK
LEARN SPORTSMANSHIP
BUILD FRIENDSHIPS
GET ACTIVE!*

Additional information can be found on teamsideline.com/commercecity



WINTER BREAK CAMPS & CLINICS

Stay active and elevate your game



Lacrosse Skills Clinic

Develop the fundamentals of lacrosse during this two-day minicamp directed by the Colorado Mammoth. All participants receive a camp t-shirt. Camp is located at the Eagle Pointe Recreation Center. Learn scooping, throwing, catching, cradling, and shooting techniques. Basic offensive and defensive concepts will be covered. Ages 8-14

Registration Deadline: 12/30

1/3-1/4 6-8 p.m. \$50/\$58

Basketball Skills Development Camp

Get ready for the 2018 basketball season! Develop proper shooting techniques and the fundamentals of basketball during this three-day mini-camp directed by Tim Jones, former college standout and director of the Colorado Prospects Academy. Jones has worked with dozens of college and professional athletes throughout his career. Coach Jones and his staff will work with campers on shooting, footwork, ball handling, and defensive skills. All participants receive a camp t-shirt. Camp is located at the Eagle Pointe Recreation Center.

Registration Deadline: 12/22

Grades 3-5 12/26-12/28 9 a.m.-Noon \$45/\$54
Grades 6-8 12/26-12/28 1-4 p.m. \$45/\$54

Additional information can be found on teamsideline.com/commercecity

Officials, We Need You!

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

Registration Information

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

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

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

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



**WEATHER HOTLINE:
PLEASE CALL AFTER 5 P.M.
303-289-3757 OR VISIT
TEAMSIDELINE.COM/COMMERCECITY**

Coming soon! Baseball registration opens in April.



BE A PART OF THE ACTION THIS SPRING

Youth sports emphasize teamwork and sportsmanship



Soccer Coed Division I: Kindergarten-Grade 1

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

Registration Deadline: 3/14

Before 3/14 \$50/\$59

After 3/14 \$60/\$69

Start Date: Week of 3/19 (8 weeks)

Soccer Coed Division II: Grades 2-3

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

Registration Deadline: 3/14

Before 3/14 \$55/\$65

After 3/14 \$65/\$77

Start Date: Week of 3/19 (8 weeks)

Soccer Coed Division III: Grades 4-5

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

Registration Deadline: 3/14

Before 3/14 \$60/\$71

After 3/14 \$70/\$83

Start Date: Week of 3/19 (8 weeks)

Youth Volleyball

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

Registration Deadline: 3/13

Grade	Start date	Fee R/NR
Grades 3-5	Week of 3/19	\$55/\$65
Grades 6-8	Week of 3/19	\$55/\$65

Youth Lacrosse

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

Registration Deadline: 2/28

Ages	Start date	Fee R/NR
6-8	Week of 3/5	\$55/\$65
8-10	Week of 3/5	\$55/\$65
10-12	Week of 3/5	\$55/\$65
12-14	Week of 3/5	\$55/\$65

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.

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



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

Commerce City Youth Athletics (CCYA)

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

Girls Softball (spring)

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

Raiders Tackle Football (fall)

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

Boys and Girls Basketball (winter)

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

Lady Raiders - Cheerleading Squad (fall)

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

Adams City Wrestling Club

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

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

American Eagle Soccer Club (formerly Azteca)

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

For more information call:
 English: 720-451-0636
 Spanish: 720-431-6499
 Email: Luiss1018@icloud.com

Rocky Mountain ThunderHawks Football Association (fall)

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

Director: Brian Carfield at 720-427-1515 or email www.thunderhawkfootball.com

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

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

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

Ages 7-14

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



PLAY BALL WITH SUMMER SPORTS LEAGUES



Adult Sports Leagues

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

Individual Players List

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

Coed Summer Softball League

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

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

Men's Summer Softball League

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

Tue 5/8-7/17
D-Rec \$470/\$500 (10 Games)

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

Private Racquetball Lessons

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

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

ADULT SPORTS LEAGUES

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

Drop-in Basketball Lunch Hour

Shoot some hoops on Fridays at the recreation center. Stop by and help get some friendly pick-up games going!

Eagle Pointe Recreation Center, 6060 E. Pkwy. Dr.
Fridays Noon-2 p.m.

Athletic facility rentals

An athletic facility may be rented by individuals or by a group hosting a tournament, game or practice. To reserve a facility, call 303-289-3763.

Fairfax Park, 6850 Fairfax St.

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

Fronterra Park, 10020 Joplin St.

Three multipurpose football/soccer fields (Practice fields).

Monaco Park, 5790 Monaco St.

Two outdoor and volleyball sand courts with lights.

Municipal Services Center, 8602 Rosemary St.

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

Pioneer Park, 5902 Holly St.

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

River Run Park, 11515 Oswego St.

Two multipurpose football/soccer fields (Practice fields).

Turnberry Park, 10725 Wheeling St.

Three multipurpose football/soccer fields (Practice fields).

Villages East Park, 11698 Chambers Rd.

One multipurpose baseball/softball field (Practice field).

Batting cages

The Batting Cages at Pioneer Park, 5902 Holly St., open for the 2018 season on Saturday, April 7. Batting cages are open weather permitting (minimum 45 degrees and dry conditions). For information on the batting cages, please call 303-289-3763 or visit c3gov.com/recreation.

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

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

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



COMMERCE CITY INDOOR POOL INFORMATION



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

• Instructions from the lifeguard must be obeyed at all times

- Please be courteous. Foul language, horseplay, fighting or abusive behavior will not be tolerated.

• Proper swim attire is required

- Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.
- Personal safety devices must be removable and non-inflatable. Water wings, floatation suits, and swim trainers are not allowed.

• Age requirements

- Children age 5 and younger must be accompanied in the water and within arm reach by an adult age 18 or over.
- A person age 16 or older must remain on the pool deck and directly supervise any child between the ages of 6-11 in the pool.
- Children age 12 and older may swim without adult supervision.

- A swim test must be passed by any patron wishing to swim in the deep end regardless of age.
- Children who are not toilet trained must wear swim diapers.

Additional guidelines:

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

Open Swim

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

Lap and Adult Swim, ages 16 and older

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

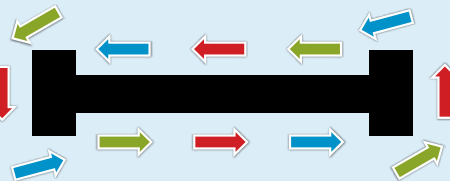
ACTIVITY	MON	TUE	WED	THURS	FRI	SAT	SUN
ADULT SWIM	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	8 a.m.- 1:30 p.m.	8 a.m.- 11:30 a.m.
OPEN SWIM	1:30-4:30 p.m. 7:30-9 p.m.	1:30-4:30 p.m. 7:30-9 p.m.	1:30-4:30 p.m. 7:30-9 p.m.	1:30-4:30 p.m. 7:30-9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

**limited lane availability due to other programs*

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



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



**Limited lane availability due to other programs.*

POOL ACCESSIBILITY

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



GROUP LESSONS

Ages 3-12 years old



WHAT ARE THE 6 PROGRAM LEVELS?

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

Unsure which level is best for your child?

Call the aquatics office at 303-289-3711 to speak with a swimming program specialist about your child's abilities or to schedule a free assessment at the pool.

Water Babies: Ages 6-17 months

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

Parent-tot: Ages 18 months to 2 years old

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

Adult Lessons: ages 16 and over

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

Young Adult Lessons: Ages 13-15

This class focuses on fundamental swimming skills and requirements to pass a lifeguard training class. All skill levels welcome. (Minimum age requirement for lifeguard employment is 16 years old).

See pages 29-30 for lesson fees and schedule.



Swimming Lesson Fees

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

MONDAY/WEDNESDAY EVENING SWIMMING LESSONS

Level	Class time	Session 1 1/8-2/7	Session 2 2/19-3/21	Session 3 4/2-5/2
Water Adjustment/Level 1 ages 3-5	4:30-4:55 p.m.	6101.101	6102.101	6103.101
	6-6:25 p.m.	6101.102	6102.102	6103.102
Fundamentals/Level 2 ages 3-5	5-5:25 p.m.	6201.101	6202.101	6203.101
	6:30-6:55 p.m.	6201.102	6202.102	6203.102
Fundamentals/Level 2 ages 6-12	4:30-5:15 p.m.	6211.101	6212.101	6213.101
	5:30-6:15 p.m.	6211.102	6212.102	6213.102
	6:30-7:15 p.m.	6211.103	6212.103	6213.103
Independent Swim/Level 3 ages 3-5	5:30-5:55 p.m.	6301.101	6302.101	6303.101
	7-7:25 p.m.	6301.102	6302.102	6303.102
Independent Swim/Level 3 ages 6-12	4:30-5:15 p.m.	6311.101	6312.101	6313.101
	5:30-6:15 p.m.	6311.102	6312.102	6313.102
	6:30-7:15 p.m.	6311.103	6312.103	6313.103
Stroke Techniques/Level 4 ages 6-12	4:30-5:15 p.m.	6401.101	6402.101	6403.101
Stroke Mechanics/Level 5 ages 6-12	5:30-6:15 p.m.	6501.101	6502.101	6503.101
Swim Team Prep/Ages 13-15	6:30-7:15 p.m.	6811.102	6812.102	6813.102

TUESDAY/THURSDAY EVENING SWIMMING LESSONS

Level	Class time	Session 1 1/9-2/8	Session 2 2/20-3/22	Session 3 4/3-5/3
Water Adjustment/Level 1 ages 3-5	4:30-4:55 p.m.	6101.105	6102.105	6103.105
	6-6:25 p.m.	6101.106	6102.106	6103.106
Fundamentals/Level 2 ages 3-5	5-5:25 p.m.	6201.105	6202.105	6203.105
	6:30-6:55 p.m.	6201.106	6202.106	6203.106
Fundamentals/Level 2 ages 6-12	4:30-5:15 p.m.	6211.106	6212.106	6213.106
	5:30-6:15 p.m.	6211.107	6212.107	6213.107
	6:30-7:15 p.m.	6211.108	6212.108	6213.108
Independent Swim/Level 3 ages 3-5	5:30-5:55 p.m.	6301.105	6302.105	6303.105
	7-7:25 p.m.	6301.106	6302.106	6303.106
Independent Swim/Level 3 ages 6-12	4:30-5:15 p.m.	6311.106	6312.106	6313.106
	5:30-6:15 p.m.	6311.107	6312.107	6313.107
	6:30-7:15 p.m.	6311.108	6312.108	6313.108
Stroke Techniques/Level 4 ages 6-12	4:30-5:15 p.m.	6401.103	6402.103	6403.103
Stroke Mechanics/Level 5 ages 6-12	5:30-6:15 p.m.	6501.103	6502.103	6503.103
Young Adult/Level 6 ages 13-15	6:30-7:30 p.m.	6611.101	6612.101	6613.101



SATURDAY MORNING SWIMMING LESSONS

Level	Class time	Session 1 1/13-2/10	Session 2 2/24-3/24	Session 3 4/7-5/5
Water Babies/ages 6-17mos	9-9:25 a.m.	6001.101	6002.101	6003.101
Parent Tot/ages 18mos-2yrs	9:30-9:55 a.m.	6001.102	6002.102	6003.102
Water Adjustment/Level 1 ages 3-5	9-9:25 a.m.	6101.103	6102.103	6103.103
	10:30-10:55 a.m.	6101.104	6102.104	6103.104
Fundamentals/Level 2 ages 3-5	9:30-9:55 a.m.	6201.103	6202.103	6203.103
	11-11:25 a.m.	6201.104	6202.104	6203.104
Fundamentals/Level 2 ages 6-12	10-10:45 a.m.	6211.104	6212.104	6213.104
	11-11:45 a.m.	6211.105	6212.105	6213.105
Independent Swim/Level 3 ages 3-5	10-10:25 a.m.	6301.103	6302.103	6303.103
	11:30-11:55 a.m.	6301.104	6302.104	6303.104
Independent Swim/Level 3 ages 6-12	10-10:45 a.m.	6311.104	6312.104	6313.104
	11-11:45 a.m.	6311.105	6312.105	6313.105
Stroke Techniques/Level 4 ages 6-12	9-9:45 a.m.	6401.102	6402.102	6403.102
Stroke Mechanics/Level 5 ages 6-12	10-10:45 a.m.	6501.102	6502.102	6503.102
Swim Team Prep/Level 6 ages 8-17	11 a.m.-Noon	6811.101	6812.101	6813.101
Adult/ages 16 & up	9-9:45 a.m.	6601.101	6602.101	6603.101





SWIMMING REGISTRATION

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



REGISTRATION FOR RESIDENTS OPENS ONE DAY EARLIER AND AVAILABLE CLASS SPACE CANNOT BE GUARANTEED.

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

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

- Residents only:
 - Session 1:
 - › Thursday, December 27, 2017
 - Session 2
 - › Monday, February 12, 2018
 - Session 3
 - › Monday, March 26, 2018
- Non-Residents:
 - Session 1:
 - › Friday, December 28, 2017
 - Session 2
 - › Tuesday, February 13, 2018
 - Session 3
 - › Tuesday, March 27, 2018

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

- Residents & Non-Residents:
 - Session 1:
 - › Friday, December 28, 2017
 - Session 2
 - › Tuesday, February 13, 2018
 - Session 3
 - › Tuesday, March 27, 2018

All registration sessions close at 5:30 p.m. on the following dates:

- Session 1:
 - › Wednesday, January 3, 2018
- Session 2
 - › Wednesday, February 14, 2018
- Session 3
 - › Wednesday, March 28, 2018

How to set up an online account:

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

- To set up an online registration account, visit <https://apm.activecommunities.com/c3gov/Home>
- Once your account has been activated, please call the registration office at 303-289-3789 or the aquatics office at 303-289-3711 to have additional family members added to your account.
- In order to allow enough time to be able to register a family member, your online account should be created no later than the Wednesday prior to the next registration date.





SPECIALTY OFFERINGS



Private and Semi-private Swim Lessons

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

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

Group Discounts

Qualifying organizations and groups (e.g. public or private daycares, scout troops, church groups, birthday parties, etc.) may use the pool at special rates during scheduled open swim times. A minimum of 15 people are needed to qualify for this rate and the arrangements must be scheduled at least one week in advance. For every five children under the age of 12, one adult must be in the water with them and proper swim attire is required. To arrange a group rate, call the aquatics coordinator at 303-289-3711.

Fee per swimmer

\$1.50 child/youth
\$2.50 adult/supervisor

Parties/Rentals

Make a splash at your next birthday party. Parties include free swimming during open swim times and two hours in a party room. Reservations are required at least two weeks in advance and payment is due when your party is reserved. To book your party, please call the registration office at 303-289-3789.

Rates

- \$60/66 plus tax (resident/nonresident rate) includes admission for up to 15 people
- Additional swimming guests: \$1.50 (per person) child/youth, \$2.50 (per person) adult

Cabana Rentals for Paradise Island will be taken beginning April 2, 2018. Different policies will apply.



WATER FITNESS CLASSES

Ages: 16 and older for all classes

Cost: available for the daily drop in rate or with monthly and annual memberships

Free for SilverSneakers®

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



PRESCHOOL AGE PROGRAMS

ABC and 123



Kids Korner, ages 3-5

Develop knowledge and skills through theme-based activities, games, arts and crafts, music, movement, dramatic play, and storytelling over the course of a month. Pick one, several, or all months!

Mondays/Wednesdays	9:30 a.m. - Noon	
7103.101	3/5 – 3/21	\$60/\$72 Barns and Farms
7104.101	4/2 – 4/30	\$96/\$108 Spring Fling
7105.101	5/2 – 5/23	\$84/\$96 May Madness

Preschool Playhouse, ages 3-5

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

Tue/Thur	9:30 – 11:30 a.m.	
\$20/\$25 per session		
7201.101	1/9, 1/11	Frosty & Friends
7201.102	1/16, 1/18	I Have a Dream
7201.103	1/23, 1/25	Let It Snow
7201.104	1/30, 2/1	Groundhog Day
7202.101	2/6, 2/8	Hearts Soar
7202.102	2/13, 2/15	Chinese New Year
7202.103	2/20, 2/22	Presidents Past & Present
7202.104	2/27, 3/1	Arctic Animals
7203.101	3/6, 3/8	Barnyard Animals
7203.102	3/13, 3/15	Duck Tales
7203.103	3/20, 3/22	Momma & Baby Chicks
7204.101	4/3, 4/5	Hippity Hop
7204.102	4/10, 4/12	Crazy Kites
7204.103	4/17, 4/19	Earth Day
7204.104	4/24, 4/26	Arbor Day
7205.101	5/1, 5/3	Cinco de Mayo
7205.102	5/8, 5/10	Special Moms
7205.103	5/15, 5/17	Soar to Summer

Lunch Bunch, ages 3-5

An active, fun movement and music class. Please pack a sack lunch for your child to enjoy with their friends!

Tuesdays 11:30 a.m.-1:00 p.m.
\$10/\$12 per class

7301.101	1/9
7301.102	1/16
7301.103	1/23
7301.104	1/30
7302.101	2/6
7302.102	2/13
7302.103	2/20
7302.104	2/27
7303.101	3/6
7303.102	3/13
7303.103	3/20
7304.101	4/3
7304.102	4/10
7304.103	4/17
7304.104	4/24
7305.101	5/1
7305.102	5/8
7305.103	5/15



ADVENTURE AWAITS



Winter Break Activities, ages 6-10

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

\$30/\$35 per day

12/27* 9 a.m. – 2 p.m.
Apex Indoor Water Park 7501.301

12/28 1-4 p.m.
Fat Cats 7501.302

1/3 9 a.m. – Noon
Denver Museum of Nature & Science + IMAX 7501.303

1/4* 11:30 a.m. – 4 p.m.
Lego Mania + Swimming 7501.304

**Please bring a swimsuit, towel, sack lunch and water bottle with you on these days*

Lego Camp, ages 7-11

Discover your builder side! Each week, build a new winter-themed project with step-by-step instructions with Bricks 4 Kidz.

Tuesdays 1/30-2/20 (4 Tuesdays) 6-7:30 p.m.
\$45/\$55 7502.103

Middle School Madness, grades 6-8

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

Eagle Pointe Recreation Center 7-10 p.m.
\$2 per person at the door

Sat 1/13, 2/10, 3/10, 4/14 (Pool Party), 5/12



Cops vs Kids, ages 9-17

Get to know your local police officers by taking them on in a FREE friendly sports game! Check-in at 4:30 p.m.

1/19 Volleyball Boys and Girls Club
2/16 Life-size Eagle Pointe Recreation Center
Hungry Hungry Hippo
3/16 Basketball Stuart Middle School
4/20 Indoor Soccer Adams City Middle School

Spring Break Activities

Stay cool over spring break with these exciting field trips.

\$30/35 per trip

3/28 1-4 p.m.
Mid-Air Adventures 7502.101 Ages 6-10

3/29 1-4 p.m.
Ice Skating 7502.102 Ages 7-12



Boxing, ages 11-18

Boxing is fun, builds self-confidence and teaches self-discipline. Transportation to and from the gym is provided from the Eagle Pointe Recreation Center and Reunion Recreation Center. Call 303-289-3674 for more information. FREE for residents if participant meets attendance requirements.

Thursdays

Dates	Eagle Pointe Recreation Center 4:30 p.m. pick up	Reunion Recreation Center 4:45 p.m. pick up
1/11-1/25	7901.102	7901.103
2/1-2/22	7902.102	7902.103
3/1-3/29	7903.102	7903.103
4/5-4/26	7904.102	7904.103

Horse Trek, ages 11-17

Have you ever wanted to go horseback riding? Here's your chance! Learn about horse safety, care, grooming, and responsibilities along with enjoying equine games and crafts. Enjoy a trail ride on the last session.

Saturdays 4/21-5/12 (4 Saturdays) 9 a.m.-2 p.m.
7801.106 \$45/\$60

Teen Nights Around Town, Ages 11-17

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

Wednesdays

5/9 Rose Hill Grange Park 5-7:30 p.m.
5/16 Villages East Park 5-7:30 p.m.

Game Room Drop-in

Open for FREE drop-in activities including billiards, X-ergame wall, XBOX One, Nintendo Wii U, foosball, crafts and board games. Visit c3gov.com/recreation for the game room hours.



facebook.com/epicprograms



LET YOUR INNER STAR SHINE



Night of the Stars, grades K-12

Show off your talent! Calling all singers, dancers, musicians, actors, magicians, and more to compete in the Night of the Stars Talent Show. Winners from the local competition move on to compete against other cities at the state level. The entry fee covers the audition only and does not guarantee you a spot in the local show. Rules and categories can be found online at c3gov.com/recreation. Participants must be able to commit to all dates.

Class	Auditions	Time	Location	Fee <i>(does not guarantee you a spot in the show)</i>
7801.104	Thur 2/8	5:30 p.m.	Eagle Pointe Recreation Center 6060 E. Parkway Dr.	\$6 per person
	Rehearsal	Time	Location	
	Wed 2/21	5:30 p.m.	Armory Performing Arts Center 300 Strong St., Brighton, CO	
	Show Date	Time	Location	Tickets
	Thur 2/22	5:30 p.m.	Armory Performing Arts Center 300 Strong St., Brighton, CO	\$6 over the age of 3

Night of the Stars State Talent Show

The first place winners from the local show move on to compete in the state-wide talent show against multiple cities. Come out and support our local winners! Purchase tickets online at cpra-web.org.

Sun 3/11	Time TBD	Lakewood Cultural Center 470 S. Allison Pkwy., Lakewood, CO 80226	Ticket prices TBD
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GET INVOLVED

Adams County Mayors and Commissioners Youth Awards (ACMCYA)

ACMCYA recognizes teenagers between the ages of 13 and 19 who have overcome personal adversity, created positive changes in their environments, or who have contributed in their own way towards making their lives or communities a better place in which to live. ACMCYA is a tiered program that recognizes nominees at a local and county level. If you know young people who would be good candidates for ACMCYA please call 303-289-3674 for more information. Nomination forms available at www.c3gov.com/epic. Deadline for applications is January 31, 2018.

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

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

Would you like to be a new YAC member?

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



SUMMER CAMP 2018

Summer camp registration opens 2/20



Licensed Summer Day Camp 2018 (Youth Camp & Adventure Trek)

It's never too early to start planning your child's activities for next summer. Commerce City offers a state-licensed and CCAP-approved summer camp for children ages 6-10 (Youth camp) and 11-15 (Adventure Trek camp). Trips are subject to change. Below is important information and dates for the 2018 camps. Space is limited, sign up early!

Youth Camp Ages: 6-10

Adventure Trek Camp Ages: 11-15

Camp Registration Starts

Tue 2/20 5 a.m.

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

Tue 2/27 6 p.m.

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

Tue 5/8 6 p.m.

Camp Packets Due

Tue 5/8 9 p.m.

Youth Camp - Eagle Pointe Recreation Center (*Formerly the Commerce City Recreation Center*)

Mon-Fri 6/4-8/3 7 a.m.-6 p.m. \$130/\$155 per week *Space is limited* Ages: 6-10

Class #	Week	Date	Theme	Field Trip
7501.201	1	June 4-8	All About Me, All About You	WOW Children's Museum
7501.202	2	June 11-15	Barnyard Roundup	Denver Zoo
7501.203	3	June 18-22	Backyard Bash	Apex Indoor Water Park
7501.204	4	June 25-29	Junior Explorers	Dinosaur Ridge
7501.205	5	July 2-6*	Holiday Mashup	Fat Cats
7501.206	6	July 9-13	Ahoy, Mateys!	Pirates Cove
7501.207	7	July 16-20	Lost in Space	Denver Museum & Planetarium
7501.208	8	July 23-27	Extreme Adventures	X Arena
7501.209	9	July 30- August 3	H2Go!	Aurora Reservoir

Adventure Trek Camp

Mon-Thur 6/4-8/2 7 a.m.-6 p.m. \$130/\$155 per week *Space is limited* Ages: 11-15

Eagle Pointe	Second Creek	Week	Date	Theme	Field Trip
7601.201	7701.201	1	June 4-7	Rock & Roll	Rock Climbing, Skate City
7601.202	7701.202	2	June 11-14	Cowboys & Pirates	Horseback Riding, Pirates Cove
7601.203	7701.203	3	June 18-21	Denver Pioneers	Rockies Game, Escape Room
7601.204	7701.204	4	June 25-28	Sports Mania	Top Golf, Broncos Stadium Tour
7601.205	7701.205	5	July 2-5*	Party in the USA	Fort Fun, Ninja Parkour Gym
7601.206	7701.206	6	July 9-12	Thrill Seekers	Indoor Skydiving, Boulder Reservoir
7601.207	7701.207	7	July 16-19	Water Warriors	Whitewater Rafting, Eldorado Springs
7601.208	7701.208	8	July 23-26	Campers' Choice	You Decide!
7601.209	7701.209	9	July 30-August 2	Exploration Station	Water World, Denver Museum of Nature & Science

*No camp 7/4 - Fee is prorated for this week

Parents must complete the enrollment process prior to registering for camp. Enrollment packets can be downloaded for FREE at c3gov.com/camp beginning Feb. 20. Packets are also available at the first organizational meeting on February 27 for \$10 per packet. Enrollment packets must be filled out completely and turned in before proceeding with registration.

Enrollment deadline is May 8. Because registration is done on a first come, first-served basis and camp fills up quickly, early enrollment is encouraged. **Please call 303-227-2265 to apply for CCAP.**



EXPLORE A PARK OR TRAIL NEAR YOU



CITY OFFERS MORE THAN 25 MILES OF OUTDOOR TRAILS

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

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



CITY OFFERS MORE THAN 25 MILES OF OUTDOOR TRAILS

Hiking, biking, and running are all great ways to see the city



Commerce City residents continue to rank the expansion of park and trail amenities as top priorities. Commerce City has 840 acres of parks and open space and more than 25 miles of trails that allow residents to enjoy the beauty of nature and the benefits of fresh air and exercise. Walk, jog or bike any of these trails for better health and a more positive outlook.

Sand Creek Regional Greenway

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

Prairie Gateway Open Space and Trail

Northeast of the Commerce City Civic Center, this 190-acre open space has a 2.4-mile, soft-surface perimeter trail, shelters, benches and an overlook area with beautiful views of the Rocky Mountains. It connects to the Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail. Take this route and you can combine exercise with education as you visit the new refuge visitor center, which is within a short walking distance.

Fernald Trail

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

Second Creek Greenway Trail

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

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

Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail

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

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



Commerce City Bike and Pedestrian Map

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

You can also explore your neighborhood park from home via Commerce City's website, www.c3gov.com/parks, which features an interactive parks, trails and open space map that you can use to plan an afternoon visit or a family reunion. Find information on what each park offers, such as playgrounds, bathrooms, picnic shelters, basketball courts and more.

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

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



HOST YOUR EVENT

Choose a facility to fit your needs



Eagle Pointe Recreation Center: 303-289-3789 *(Formerly the Commerce City Recreation Center)*

Plan a unique event at the recreation center. Multipurpose rooms offer 1,425 square feet and comfortably seat up to 150 people theater-style or 100 banquet-style. Hourly rates are \$20 to \$45, depending on space and use. A security deposit of \$50 per room is required and is refundable if the facility is left clean and undamaged. Starting January 1, 2018, hourly rates are \$30 to \$45, depending on space and use. A security deposit of \$50 per room is required and is refundable if the facility is left clean and undamaged. Room rental is subject to the following conditions:

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

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

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

Picnic Shelter Rentals *(available March through October)*

Commerce City is home to 20 parks, half of which have shelters available to rent for family picnics, business meetings, corporate outings, church functions and more. Parks and the number of shelters available for rental are:

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

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

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

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

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

Athletic Facility Rentals

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

Fairfax Park

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

Fronterra Park

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

Monaco Park

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

Municipal Services Center

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

Pioneer Park

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

River Run Park

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

Turnberry Park

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

Villages East Park

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



PLAY GOLF YEAR-ROUND

Winter rates begin November 5



CELEBRATE THE NEW YEAR AT BISON GRILL

Spend New Year's Eve at the Bison Grill. Enjoy a four course prix fixe menu with a champagne toast. Visit BuffaloRunGolfCourse.com for menu and pricing.

Dec. 31, 2017 • 5:30-8:30 p.m.

Book A Tee Time

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

Sign up online at BuffaloRunGolfCourse.com to participate in our eClub. By doing so you will receive a free green fee on your birthday! (Valid up to one week prior and one week after your birthday).

Location

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

Golf Course Hours*

Sunrise - sunset

Driving Range Hours*

Sunrise - one hour prior to sunset

*Weather permitting.

Winter Rates

Nov. 5, 2017 - March 10, 2018

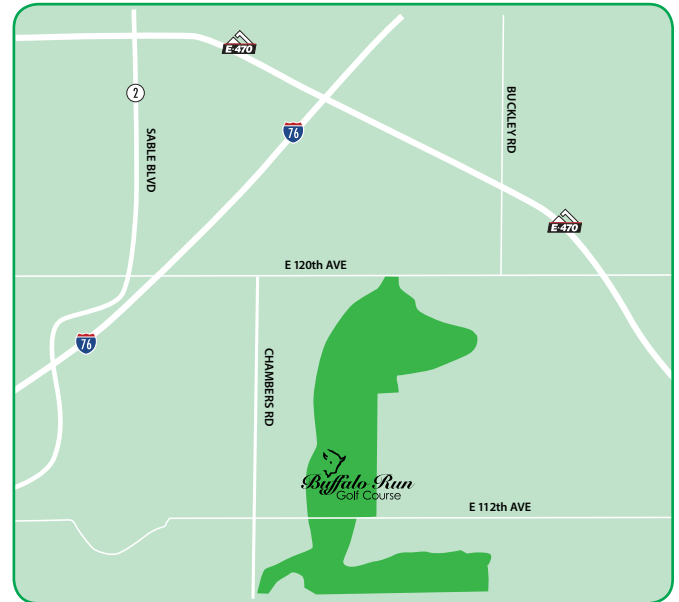
Seven days a week and holidays	9 Hole	18 Hole
8 a.m.-Noon	\$18	\$30
Seven days a week after noon	\$10	\$20

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

Senior Appreciation Day (all day Monday; holidays excluded)	9 Hole	18 Hole
	\$10	\$20

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

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



Gift Certificates Make Great Holiday Presents!