

City of Laramie

Parks & Recreation Guide



Summer 2013



Recreation Center Hours

Monday - Friday 5:00 am - 9:00 pm
Pools: 5:30 am - 8:30 pm*

Saturday 8:00 am - 8:00 pm
Pools: 8:30 am - 7:30 pm*

Sunday Noon - 8:00 pm
Pools: 12:30 pm - 7:00 pm*

*Please see page 7 for a detailed pool schedule.

Rec Center Closures: 5/27, 7/4, 8/3-8/9

Recreation Center Amenities:

8 Lane Lap Pool; Leisure Pool with water slide, lazy river, and a whirlpool; Basketball Courts; Indoor Track; Cardio Equipment; Circuit Weight Machines; Hand Weights; Stretching Areas; Indoor Playground; Fitness Room; Lobby with computers and free wi-fi! We offer a large variety of fitness classes and programs for all ages.



ROLLER Skating!

Roller Skating and Roller Hockey comes to the Ice & Events Center this summer! See pg. 18

Recreation Center Admission & Memberships

Age Group	Daily Pass	Multi-Pass (20 visits)	6 Month Membership	Annual Membership
Under 3	Free	Free	Free	Free
Child (3-12)	\$3.50 / (\$4.50)	\$52.50 / (67.50)	\$67 / (\$98)	\$93 / (\$130)
Youth (13-18)	\$5.00 / (\$6.50)	\$75 / (\$97.50)	\$109 / (\$156)	\$156 / (\$218)
Adult (19-59)	\$6.00 / (\$8.00)	\$90 / (\$120)	\$234 / (\$364)	\$338 / (\$473)
Senior (60+)	\$5.75 / (\$7.50)	\$86.25 / (\$112.50)	\$130 / (\$187)	\$187 / (\$260)
Adults w/ disabilities	\$6.00 / (\$8.00)	\$86.25 / (\$112.50)	\$130 / (\$187)	\$187 / (\$260)
Household	N/A	N/A	\$416 / (\$624)	\$624 / (\$873)

Prices are listed as Resident / (Non-Resident). All Albany County Residents are eligible for resident rates. The above household membership costs are based upon SIX (6) household members living in the same residence. An additional charge of \$25 for an annual pass and \$15 for a six month pass will be assessed for every household member beyond the initial six (6).

Recreation Center Summer Maintenance Closure: The full Recreation Center will be closed for annual summer maintenance August 3rd - 9th; only the Front Desk and Outdoor Pool will be open during this time. We thank you for your patience as we keep our facility looking great and up to date.

Recreation Center

Exciting, NEW amenities are coming to the Recreation Center... A new sauna and steam room facility, climbing wall and expanded fitness rooms are all coming to the Recreation Center. And look for locker room upgrades at the Ice and Event Center! As part of the SPT defeasance, a variety of improvements will be coming to the Recreation Center and the Ice and Event Center. Members can keep apprised of the projects' progress at www.cityoflaramie.org/newprojects.



FREE Recreation Center Tours - available every day!

We would love to show you everything the Recreation Center has to offer. So stop by the Front Desk of the Recreation Center, at 920 Boulder Drive, and a staff member will take you on a tour of the facility. We're here to answer any questions you might have about the facility, classes and memberships. We hope to see you soon!

Recreation Center Memberships

Purchasing a membership is the most cost effective way to utilize the Recreation Center. If you're looking for family fun or a variety of fitness opportunities, the Recreation Center is the place to be - we truly are "A Place For All"! Remember you can pay for your six month or annual memberships with convenient, automatic monthly payments. Think of all the value you receive when purchasing a membership. Six month and annual memberships get you unlimited access to the Recreation Center during our open hours. Members also receive discounted member prices on most of our classes. For roughly the cost of one night out at dinner or the movies, you could make a monthly membership payment and have an entire month's worth of fun! If you are interested in signing up for a membership, stop by the Front Desk of the Recreation Center or go online to www.cityoflaramie.org/membership to download membership forms. If you have any questions give us a call at 721-5269 or stop by the Recreation Center.

Discounts are available on memberships!

Employees of the following businesses or organizations are eligible to receive up to a twenty percent discount on six month and annual memberships: University of Wyoming, Albany County School District, Ivinson Memorial Hospital, TriHydro, Albany County and the City of Laramie. Employees of local non-profit organizations and active members of the Wyoming Army National Guard are eligible for a fifteen percent discount on six month and annual memberships as well. Please furnish current proof of employment when applying for an employment discount. For information on discounts, cancellations, refunds, facility access and all other membership policies please call 721-5269 or stop by the Front Desk of the Recreation Center to view our membership contract. Please call 721-5290 to see if your business or organization might be eligible to receive a group discount.



Monthly Cost for Annual Memberships

	Total Cost	Monthly Payments	Total Cost w/ 20% off	Monthly Payments w/ 20% off
Child	\$ 93.00	\$ 7.75	\$ 74.40	\$ 6.20
Youth	\$156.00	\$13.00	\$124.80	\$10.40
Adult	\$338.00	\$28.17	\$270.40	\$22.53
Senior	\$187.00	\$15.58	\$149.60	\$12.47
Household	\$624.00	\$52.00	\$499.20	\$41.60

Recreation Center

Recreation Center Age Limits

- Children under 12 years old must be directly supervised by an adult*.
- Recreation Center users, 12-15 years old, may use the fitness equipment and walking/jogging track under direct supervision by an adult*.
- ***Adult: age 18 and older.**

Staff reserves the right to deny admittance to or suspend memberships of anyone whom violates any of the facility rules and regulations, as well as anyone who appears to be intoxicated or under the influence of alcohol or drugs. If you plan on enjoying our aquatics facilities please read our full pool policies at www.cityoflaramie.org/pools or stop by the Front Desk of the Recreation Center to receive a copy.

Indoor Playground at the Recreation Center

Our newly re-vamped indoor playground is now available to our younger members. This space is designed especially for younger children as their own section of the Recreation Center to enjoy! Be sure to check out the recent additions to the playroom and enjoy playing in this wind-free indoor space. Please note that parents must supervise their children while in the playroom unless using our childcare services.

Childcare is available while you workout!

We invite you to take advantage of our childcare while you use our facility. Children age 6 months to six years play in our newly remodeled indoor playroom while our trained staff care for them. To ensure space for your child, pre-registration is recommended and 24 hours cancellation notice is required in order to avoid a no-show fee. Drop-ins are welcome if space is available. Please, no food and drink in the playground, other than prepared baby bottles, due to allergy concerns. If diaper changing is necessary the parent/guardian will be notified. Parents must remain in the facility while using childcare services. Inquire at the Front Desk or call 721-5269 for information on hours and availability.

Fee: \$3.50 per child, per hour, (\$5 per child, per hour for non-members)

Min/Max: 1hr/2hrs per child



Recreation Center Gift Certificates: If you're looking for the perfect gift, or need a last minute gift, remember that gift cards are available! Gift cards can be re-loaded with funds and used for memberships, day passes and activities. For more information call 721-5269 or stop by the Front Desk.

Locker Rentals: Tired of lugging your gym shoes and clothes back and forth? Lockers are available for rent at the Recreation Center. Six month and annual membership holders may rent small lockers for \$8 per month, plus tax, or large lockers for \$10 per month, plus tax. Locker rentals are first come, first serve. Locks are included. For more information please call 721-5269.

Scholarship Opportunities: The Recreation Center is a place for all! Scholarships are available for Recreation Center Multiple Passes or activities for qualifying families and individuals in Albany County. Scholarships are awarded based upon income and family size, on a first come/first served basis, using the School Age Child Care sliding family income scale. To receive a scholarship application, or if you are interested in making a donation to the scholarship fund, please stop by the Recreation Center or call 721-5269.

Laramie Community Recreation Center Endowment Fund: The Endowment Fund is intended to supplement municipal financial support of the Recreation Center. The objective is to keep admission fees and memberships as affordable as possible. For inquiries contact: Wyoming Community Foundation, Laramie Recreation Center Endowment Fund, 313 South 2nd Street, Laramie, WY 82070 or contact Paul Harrison at 721-5261 or via email at pharrison@cityoflaramie.org.



Parks and Recreation offers a variety of party packages and each is full of fun! Party packages 2 and 3 are available Saturday and Sunday afternoons on a space available basis. All parties are scheduled first come, first serve upon receipt of completed paperwork and payment. Stop by the Front Desk of the Recreation Center today to learn more about our Party Packages and pick up our Facility Reservation Form.

Party Packages must be scheduled a minimum of 10 days in advance.

** Each party includes 10 day passes to use the facility. Additional attendees may purchase admission to the facility. If a party exceeds 10 attendees, extra drinks & pizzas are available for an additional fee.

Party Package #1 - \$75 for members / \$85 for non-members

Includes room rental for 1 hour and 10 Rec Center admissions (feel free to bring your own décor or party supplies).

Party Package #2 - \$110 for members / \$120 for non-members

Sports Package: Includes a party host, your choice of a sports theme (basketball, volleyball, soccer, kickball, dodgeball), room rental for up to 2 hours, 10 Rec Center admissions, and 2 pizzas and drinks.

or Pool Package: Includes a party host, room rental or outdoor pool small pavilion rental for up to 2 hours, 10 Rec Center admissions, and 2 pizzas and drinks.

Party Package #3 - \$150 for members / \$160 for non-members

Sports Package: Includes your own birthday party host who provides a customized theme (determined in advance), room rental for up to 2 hours, ½ of the gym with the bounce house or obstacle course set up, 10 Rec Center admissions and 2 pizzas and drinks.

or Pool Package: Includes a party host who provides a customized theme (determined in advance), room rental for up to 2 hours, ½ of 8 lane pool with one of our pool inflatables, 10 Rec Center admissions and 2 pizzas and drinks.

Room & Pool Rentals

Hosting an event? Planning a meeting? We have spaces available for meetings, events, classes, etc, that are ready for you to use. We can accommodate between 10 and 200 people, depending on the room and configuration. All events require a \$300 damage deposit.

- Conference and Multi-purpose rooms \$35/hour, (\$40 non-members)
- Kitchen \$10/hour, no access granted to kitchen without reservation
- Full gym \$60/hour, (\$70 non-members); • One court: \$30/\$35 per hour
- Full facility (excluding aquatics areas) \$380/hour, (\$420 non-members)
- Bounce House \$35/hour, (\$40 non-members)
- Party at the Pool! Come and enjoy the lazy river, the water playground, and the waterslide. Patrons can also reserve the Aqua Challenge for an extra bit of fun. For more information on pool rentals please call Jason at 721-3584.

Hosting a large event and need a space to rent?

The ice is gone at the Ice & Event Center, making it the perfect venue for your large event! We have recently made several upgrades to the building and the lighting. This large space provides the perfect empty canvas to stage any big event you're planning. We have hosted everything from circuses to La Grande Fleur, weddings, family reunions and everything in between. The Ice & Event Center is available for event rentals from April to August. Summer dates fill up fast, so call and reserve your date today. Contact us with any questions or to check availability: 721-5265.



Aquatics

Outdoor Aquatics!

Recreation Center Outdoor Pool



The Outdoor Pool is the place to be in Laramie during the summertime! The pool has sprayers, a slide for toddlers, the large spiral slide, a zero depth entry and a small area for lap swimming. Enjoy some fun in the sun at the Outdoor Pool and be sure to stop by our concession stand for a hot dog, popsicle or cool drink! The Outdoor Pool season runs June 15 through August 25. Open Monday-Saturday, weather permitting, 11 am to 6:30 pm and Sunday, Noon to 6:30 pm. Please feel free to call 721-3574 to check on the open status of the Pool.

Outdoor Pool Hawaiian Luau

Come join us as we kick off the beginning of our outdoor pool season in style. On June 15th from Noon to 6:30 pm we're celebrating the start of our summer with a fun Hawaiian Luau. Free hot dogs and drinks will be provided and staff will be on hand to talk about summer pool safety and how to keep your kiddos safe in and around the water. Dig out your Hawaiian shirts, dust off those flip flops, and come share some fun as we celebrate the opening of the 2013 outdoor pool season!

Outdoor Pool Admission Prices

Ages	Resident / (Non-Res)
Children under 3	Free
Youth (ages 3 -17)	\$3.00 / (\$4.00)
Adults (ages 18-59)	\$4.50 / (\$5.50)
Seniors (ages 60 +)	\$3.00 / (\$4.00)

Washington Park Wading Pool

Free Admission!

The wading pool will be open June 15 - August 24, 7 days a week from 12:30 pm to 4:30 pm. The Washington Park Wading Pool is staffed with a lifeguard. The pool is open on a weather permitting basis, and the temperature must be over 60 degrees.



Undine Splash Pad Come see the new features!

Free Admission!

The Undine Splash Pad, with several brand new features, will open for the season on June 15th and will close for the summer on August 25th.

The Splash Pad is open 7 days a week, 11 am to 6 pm, weather permitting.

Aqua Challenge

Come climb on our new floating dock of fun! Run across the plank and then slide down; or if you're feeling brave, use the trampoline to really make a splash in the 8 Lane Pool. The Aqua Challenge will be available from 1 - 7 pm on the following Saturdays: June 29, July 20, and Aug 17. Free with your membership or a day pass.

Aqua Jungle Gym

The Jungle Gym will be available in the 8-Lane Pool for public use from 4:00 - 6:15 pm on Fridays: June 7, July 12, and August 2. Free with your membership or the purchase of a day pass.

Quiet Hours in the Pools

Quiet Hours are pool times reserved for families with small children, ages 9 and under, who are looking for a quieter less busy pool time. The Leisure Pool offers Quiet Hours Monday through Saturday from 1-3 pm; Saturday from 1:10-3 pm and on Sunday from 12:30-3 pm. Seek refuge from the sun and enjoy a quieter indoor leisure pool! Please note that inclement weather may move outdoor pool operations inside during these times. Quiet hours are also available in the Outdoor Pool for lap swimmers and families with young kids, Monday through Saturday, 11 am to Noon.

Float the River

Come float the river in style with one of our inner tubes. Only aquatics center inner tubes are allowed due to safety concerns and lifeguard practices. A limited supply of tubes will be provided. Float the river Mondays through Fridays: 6:30-8:30 pm, Saturdays: 5-7 pm, Sundays: 5-6:30 pm.

Kayaking and River Inflatables

Gearing up for a trip down the mighty rivers or planning a fishing trip? Take advantage of this great opportunity to keep your kayaking / rafting skills sharp in a controlled environment. Kayaking in the 8 Lane Pool is available on Sundays from 5-6:45 pm. Please make sure all gear is clean before bringing it into the pool. For beginning kayakers, please bring someone to help you with your rolls. Please be sure to inquire about our kayaking policy before use. Call 721-3584 for more information.

Leisure Pool Schedule

	Sunday	Monday-Friday	Saturday
Pool Opens	12:30p	5:30a	8:30a
Pool Closes	7:00p	8:30p	7:30p

Closures: The Leisure Pool is closed from 10:30a-12p and 5p-6:30p Monday through Thursday during our Learn to Swim Lessons which are scheduled to occur 6/3-7/25 and 8/12-8/22.

The Pool will be closed June 14, 5-9p for Lifeguard Training.

Quiet Hours

(Intended for families with kids ages 9 & under.)

Mon-Sat 1p-3p

Water Slide!

During these times the Indoor Pool Water Slide is available & the spray features are on.

Sun	5p-6:30p
Mon-Thur	6:30p-8:00p
Fri	5p-8:00p
Sat	5p-7p

Swimming Lessons

(The indoor leisure pool will be closed to the public during swimming lessons.)

Mon-Thur 10:30a-12p
5p-6:30p

Open Swim

Sun	3p-6:30p
Mon-Thur	5:30a-10:30a 3p-5p 6:30p-8:30p
Fri	5:30a-12p 3p-8:30p
Sat	8:30a-9a 3p-7:30p

Whirlpool Schedule

	Sun	Mon	Tues	Wed-Fri	Sat
Open	12:30p	5:30a	5:30a	5:30a	8:30a
Close	7:00p	8:30p	Noon	8:30p	7:30p

The Whirlpool is available for ages 16 and up. Please observe the fifteen minute limit on use.

Outdoor Pool Schedule

	Sunday	Monday-Saturday
Opens	Noon	11a
Closes	6:30p	6:30p

Outdoor Pool Open: June 15-August 25

Quiet Hours

(Intended for lap swimmers & families w/ kids ages 9 & under. No water features available.)

Mon-Sat 11a-12p

Open Swim

Everyday Noon-6:30p

Water Slide!

During these times the Outdoor Pool Water Slide is available & the spray features are on.

Everyday Noon-5p

8 Lane Pool Schedule

	Sunday	Monday-Friday	Saturday
Pool Opens	12:30p	5:30a	8:30a
Pool Closes	7:00p	8:30p	7:30p

8 Lane Pool Closures: Every Tuesday from 10a-12p.

Special Event Closures: June 14, 5-9p. June 22 and 23, all day.

Additional closure dates may be added. Please call 721-5269 to verify pool availability prior to your visit.

Lap Swimming

Sun	4p-7p
Mon	5:30a-4:55p 7:30p-8:30p
Tue	5:30a-10p 12p-4:55p 7:30p-8:30p
Wed-Fri	5:30a-4:55p 7:30p-8:30p
Sat	4p-7:30p

Limited Lap Swim

(Only 2 lap lanes available during Swim Club use.)

Mon-Thur 5p-7:30p

Diving Board

Diving Board is available. 4 lap lanes are available for circle swimming.

Sun	12:30p-4p
Fri	4p-8p
Sat	12p-4p

Pool Policies & Rules

- Children under 8 must be accompanied by an adult in the water and within arm's reach at all times.
- Children 8-12 years must be directly supervised by an adult in the pool area.
- Adults who are supervising children **must be 18 or older.**

Please view our full policies online at www.cityoflaramie.org/pools or at the Front Desk of the Recreation Center.

The pools occasionally close due to necessary maintenance, special events, weather or unforeseeable circumstances.

We recommend calling 721-5269 to check on the status of the pools prior to your visit. You can also sign up for automatic closure notifications via email or text by subscribing to the Parks & Rec calendar at: www.cityoflaramie.org/notifyme.

Aquatics

American Red Cross “Learn to Swim” Program

The City of Laramie Parks and Recreation is proud to offer aquatic programs for all ages! The American Red Cross continues to lead the pack in the swim lesson revolution. For current class descriptions see below. Please make sure to register early for each session. Keep in mind our minimum/maximum per class is 3/6 unless otherwise stated. Swim lesson sessions are \$35 for members and \$45 for non-members. Saturday swim lessons are offered on a monthly basis and cost \$17.50 for members, \$22.50 for non-members. Levels 1-5 are for 4 years and up. Our swim levels are based on skill and age. Not sure what level your child is ready for? We offer a FREE swim assessment; simply contact the aquatics section at 721-3584 to set up an appointment.



Parent and Child: This class is designed to familiarize young children (6 months - 3 years) with the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. It is not designed to teach children to become good swimmers or survive in the water on their own. One child per parent/caregiver.

Preschool: This class is given to orient preschool-age children (3-5 years) to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills.

Level 1 - Introduction to Water Skills: The purpose of this class is to begin developing positive attitudes, good swimming habits and safe practices in and around the water. In this class the children will begin to learn basic techniques for swimming with assistance from an instructor.

Level 2 - Fundamental Aquatic Skills: The purpose of this course is to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. They will also advance their techniques from Level 1. Participants should be able to successfully complete all the Level 1 requirements.

Level 3 - Stroke Development: This class builds on the skills in Level 2 by providing additional guided practice in deeper water. The students will also begin to work on their strokes for further distances and swim more independently. Participants should be able to successfully complete all the Level 2 requirements

Level 4 - Stroke Improvement: The purpose of this course is to develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills. The students will begin swimming longer lengths and more independently. Participants should be able to successfully complete all the Level 3 requirements.

Level 5 - Stroke Refinement: The purpose of this class is to further learn how to coordinate and refine strokes. The students in this class will be completely independent of their instructor and swimming longer lengths. Participants should be able to successfully complete all the Level 4 requirements

Level 6 - Intro to Diving: This course will refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances; as well as introduce and practice fundamental springboard diving skills. Participants should be able to successfully complete all the level 5 requirements.

Teen and Adult Swim Lessons: This class is designed for ages 13 and up and for any skill level. This class is designed to help those who are learning to swim, are uncomfortable in the water, or have had a bad experience in water. We will progress at each individual's own pace in a supportive, non-threatening environment.

Private Swim Lessons: Private or semi-private swim lessons (limit of 2 people) are established for anyone who needs more one-on-one instruction. We focus on kids who need extra attention in skill refinement. Our specialty is assisting adults and seniors who have either never learned to swim, simply want to fine tune their strokes for an upcoming event, or want to feel more comfortable with swimming. Please see our popular private swim lesson packages. The 8 lesson packages are strongly recommended to see results, due to swimming being a progressive skill set. Each private lesson is 30 minutes long. Private swim lessons are set up based on your availability! Ask for a the private swim lesson form at the Front Desk.

Private Swim Lesson Prices

1 refinement lesson: \$18, (\$25 non-members)
4 lessons: \$60, (\$72 non-members)
8 lessons: \$120, (\$144 non-members)

Semi-Private Swim Lesson Prices

1 refinement lesson: \$27, (\$30 non-members)
4 lessons: \$90, (\$104 non-members)
8 lessons: \$180, (\$208 non-members)

Weekday Swim Lessons

		Session 1		Session 2		Session 3		Session 4		Session 5	
		June 3 - 13		June 17 - 27		July 1 - 11		July 15 - 25		August 12 - 22	
		Registration Open: 5/20 -5/31		Registration Open: 6/4 -6/14		Registration Open: 6/18 - 6/28		Registration Open: 7/1 -7/12		Registration Open: 7/22 -8/9	
Days / Times	Level	Activity #	Level	Activity #	Level	Activity #	Level	Activity #	Level	Activity #	
Mon-Thurs 10:30-11:10 am	P & C	216100-7A	Pre-K	216100-8C	P & C	216100-7E	Pre-K	216100-8F	P & C	216100-7J	
	Level 1	216100-1A	Level 1	216100-1E	Level 1	216100-1I	Level 1	216100-1M	Level 1	216100-1Q	
	Level 2	216100-2A	Level 2	216100-2E	Level 2	216100-2I	Level 2	216100-2M	Level 2	216100-2Q	
	Level 3	216100-3A	Level 3	216100-3E	Level 3	216100-3I	Level 3	216100-3M	Level 3	216100-3Q	
	Level 4	216100-4A	Level 5	216100-5C	Level 4	216100-4E	Level 5	216100-5F	Level 4	216100-4J	
Mon-Thurs 11:15-11:55 am	Pre-K	216100-8A	P & C	216100-7C	Pre-K	216100-8E	P & C	216100-7H	Pre-K	216100-8H	
	Level 1	216100-1B	Level 1	216100-1F	Level 1	216100-1J	Level 1	216100-1N	Level 1	216100-1R	
	Level 2	216100-2B	Level 2	216100-2F	Level 2	216100-2J	Level 2	216100-2N	Level 2	216100-2R	
	Level 3	216100-3B	Level 3	216100-3F	Level 3	216100-3J	Level 3	216100-3N	Level 3	216100-3R	
	Level 5	216100-5A	Level 4	216100-4C	Level 5	216100-5E	Level 4	216100-4H	Level 5	216100-5H	
Mon-Thurs 5:00 - 5:40 pm	P & C	216100-7B	Pre-K	216100-8D	P & C	216100-7F	Pre-K	216100-8G	P & C	216100-7K	
	Level 1	216100-1C	Level 1	216100-1G	Level 1	216100-1K	Level 1	216100-1O	Level 1	216100-1S	
	Level 2	216100-2C	Level 2	216100-2G	Level 2	216100-2K	Level 2	216100-2O	Level 2	216100-2S	
	Level 3	216100-3C	Level 3	216100-3G	Level 3	216100-3K	Level 3	216100-3O	Level 3	216100-3S	
	Level 4	216100-4B	Level 5	216100-5D	Level 4	216100-4F	Level 5	216100-5G	Level 4	216100-4K	
Mon-Thurs 5:45 - 6:25 pm	Pre-K	216100-8B	P & C	216100-7D	P & C	216100-7G	P & C	216100-7I	Pre-K	216100-8I	
	Level 1	216100-1D	Level 1	216100-1H	Level 1	216100-1L	Level 1	216100-1P	Level 1	216100-1T	
	Level 2	216100-2D	Level 2	216100-2H	Level 2	216100-2L	Level 2	216100-2P	Level 2	216100-2T	
	Level 3	216100-3D	Level 3	216100-3H	Level 3	216100-3L	Level 3	216100-3P	Level 3	216100-3T	
	Level 5	216100-5B	Level 4	216100-4D	Level 4	216100-4G	Level 4	216100-4I	Level 5	216100-5I	
	Adult	226100-A	Adult	226100-B	Adult	226100-C	Adult	226100-D	Adult	226100-E	

Saturday Swim Lessons

June			July		August	
Registration: 5/20 - 5/29			Registration: 6/17 - 6/28		Registration: 7/15 - 7/31	
Times	Level	Activity #	Level	Activity #	Level	Activity #
9:30 - 10:10 am	Level 4/5	216101-4A	Level 4/5	216101-4A	Level 4/5	216101-4C
10:15 - 10:55 am	Level 2/3	216101-2A	Level 2/3	216101-2B	Level 2/3	216101-2C
11:00 - 11:40 am	Level 1	216101-1A	Level 1	216101-1B	Level 1	216101-1C
11:45a- 12:25pm	Pre-K	216101-8A	Pre-K	216101-8B	Pre-K	216101-8C
11:45a -12:25pm	Intro to Diving	216101-9A	Intro to Diving	216101-9B	Intro to Diving	216101-9C
12:30 -1:10 pm	P & C	216101-7A	P & C	216101-7B	P & C	216101-7C

Aquatics

Twinges in the Hinges

Do you suffer from a physical limitation, Multiple Sclerosis, Fibromyalgia, Arthritis, or need to increase your range of motion from a past ailment; maybe you simply want to lose weight in a non-weight bearing atmosphere? Has your doctor recommended a resistance non-weight bearing training plan? If so this is the class for you! Aqua therapy reduces body weight by 90% which decreases stress and impact on the body. Warm water therapy reduces spasticity, improves flexibility, prevents muscle atrophy, aids in weight control, and relaxes muscles allowing individuals to move with greater mobility and less pain on joints. Our facility is designed with a zero depth entry for those who need an incline entry. Our pool temperature meets suggested guidelines from the Multiple Sclerosis Society.

Participants who are here on a prescription regiment must have written clearance from a physician. Contact the Aquatics Section for further inquiries: 721-3584, or JStolz@cityoflaramie.org. Come work out with others in a safe, social, rewarding atmosphere! Sign up at the front desk today! Instructor: Jason Stolz / Erin Chamberlain-Exercise Sports Science Instructors. Location: Recreation Center Leisure Pool.

Thursdays Activity # 226600-1 11:00-11:55 am Fee: \$3/class, (\$4 non-members)



Aqua Zoom-Camp

Grab your suit and get in the pool for a high intensity water workout. This workout is an organized total body workout, combining traditional core and body weight exercises with strength and interval training. This fast paced class will have your heart pumping while toning and strengthening your muscles. Location: Recreation Center Leisure Pool, beneath the indoor slide. Max: 15 people. For ages 16 +.

Offered on: 5/25, 6/29, 7/27, 8/24 5:30-6:30 pm Fee: \$3 /class, (\$4 non-members)

Hydro-Core

Do you want a full body workout but aren't sure what to do? Come join our water workout for a fun, powerful, and engaged class. While using the water as resistance, we will challenge your core and more with stretching and resistance training. We will use balls, bands, and weights to achieve greater strength, flexibility, and function for the whole body. This fun and challenging workout is for exercisers of all ability levels and will make you leaner and stronger. Location: Recreation Center-Leisure Pool beneath the indoor slide. Max: 15 people. For ages 16 +.

Tuesdays Activity # 226600-AB 7-8 pm Fee: \$3 / class, (\$4 non-members)

Aqua Attack

Punch and kick your way to fit with water kickboxing. This low impact workout is an energizing, powerful, uplifting, fun and effective way to burn calories and tone your muscles. The water provides a safe environment that allows for resistance training to tone and strengthen muscles. This is an extremely intense and effective workout. Location: Recreation Center-Leisure Pool beneath the indoor slide. Max: 15 people. For ages 16 +.

Thursdays Activity # 22660-AC 7-8 pm Fee: \$3 / class, (\$4 non-members)

Attention All Swimmers: Laramie Masters / Triathlete's Swim Club (LMTSC)!

Don't let the name scare you off...Masters Swim Club provides organized workouts, optional competitions, clinics and workshops for adults aged 18 and over. Programs are open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. All LMTSC programs are designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship and teamwork. Location: Recreation Center 8 Lane Pool.

Mondays, 6:45-7:45 pm and Thursdays, 6-7 am Fee: \$18 /month

American Red Cross Lifeguarding Class

The Red Cross Lifeguarding Class with Water Park will be offered twice this summer! This is a great opportunity to learn an invaluable skill and increase your earning potential. View prerequisites for the class at: www.cityoflaramie.org/lifeguard. Call 721-3584 with any questions. Location: Recreation Center. Cost: \$140, (\$160 non-members).

Session 1: June 3-7 Activity # 226600-3A Times: Everyday 1:30-9 pm
Session 2: June 21-23 & 28-30 Activity# 226600-3B Times: Fri 5-9, Sat & Sun 9-5

Parks Projects - Summer 2013

ADA Playground Upgrades

With the completion and adoption of the Americans with Disabilities Act Transition Plan, the Parks and Recreation Department shall be upgrading many of the city park playgrounds to the 2012 ADA standards. Many of these upgrades will include accessible routes to the playgrounds as well as upgrades to the ramps and transfer stations into the playgrounds. The playgrounds which will be undergoing upgrades to meet the new ADA guidelines are: Depot Park, Undine Park, Kiowa Park, LaBonte Park, O'Dell Mini Park, and Washington Park.

15th Street Landscaping

15th Street from Willett Drive to Bradley Street adjacent to Greenhill Cemetery will be landscaped late this summer as part of the on-going effort to upgrade the visual aesthetics of 15th Street adjacent to Greenhill Cemetery. The project shall include trees, shrubs and native grass landscaping elements within the boulevard area.

Optimist Park Rehabilitation

The Optimist Park Rehabilitation project is currently under construction to incorporate both the older Optimist Park area with the newer Laramie Greenbelt Trailhead area into the redesigned Optimist Park. The improvements included within the first phase of improvements are re-locating the existing off leash "dog friendly" area to the turf area on the north side of the park; re-locating one existing playground and removal of the other into one larger enhanced playground area; new ADA sidewalks and accessibility; and new landscaping enhancements.



East Grand Beautification Project

This project will landscape the north side of East Grand between Wister Drive and the professional offices located at 3529 E. Grand Avenue adjacent to the Spring Creek channel. This property was donated to the city for future beautification by Dr. Larry and Mary Foianini. The project will extend the sidewalk, trees, shrubs and native grasses. The Laramie service club sign will also be upgraded, with the assistance of the Leadership Laramie class of 2013. This project is planned to be completed in the fall as part of Community Service Day.



Undine Park Splash Pad Expansion

An expansion of the Undine Park Splash Pad is currently under construction that will increase in the size of the pad by 662 square feet and will add seven (7) new spray features for the children's enjoyment. The first phase of the Undine Park Splash Pad opened in early July 2010, and has proven to be a very popular amenity for Laramie residents and visitors alike. Since the grand opening of the splash pad, it has been at or near capacity on warm summer days. The Splash Pad has rejuvenated Laramie's oldest park and the popularity continues to grow.

Parks and Recreation Master Plan

The Parks, Trails, and Recreation Master Plan Committee is a citizen volunteer committee that has been working on the development of a new Parks and Recreation Master Plan for the Laramie community. This Master Plan will guide development and improvements throughout our community for parks, recreation, trails, and open space for the next thirty years. The Plan will also establish standards for use in all future development of Parks and Recreation facilities, trails, open space and natural areas. Please visit the Committee's website, www.cityoflaramie.org/MasterPlan, to learn more about the Master Plan process. Updates will be posted as the Master Plan is finalized and begins moving into the approval process. If you would like to provide feedback in reference to the plan please email us at: PTRMasterPlan@cityoflaramie.org. We look forward to hearing from you.

Parks

Park Facility Reservations

Groups or organizations who wish to reserve picnic shelters or any recreation facilities such as the sand volleyball courts, horseshoe pits, softball fields, or basketball courts in any of the city parks must make reservations at least five days in advance. Please call 721-5269 or 721-5290 with questions or to check on shelter availability. To make a reservation stop by the Recreation Center at 920 Boulder Drive and pick up a facility reservation form. Reservation forms can also be found online at www.cityoflaramie.org/parkreservations.

Please note that all park reservation fees are non-refundable. A damage deposit is also required for all park reservations. The reservation fee for the first two hours use of all city park facilities is \$25 and \$5 for each hour beyond the initial two hours. Please note that different reservation fees are applicable for the Undine Park Splash Pad and all athletic field facilities. The reservation fee for the Undine Park Splash Pad is \$40 per hour for the first two hours and \$10 per hour for any additional hours reserved. Facility reservations for the Undine Park Splash Pad may only occur outside the normal hours of operation. The fee for all athletic field facilities is \$40 per hour for the first two hours and \$10 per hour for any additional hours reserved.



Park shelters and facilities can be rented from 8:00 am to 9:00 pm, 7 days a week. If your event includes any type of amplified sound a noise variance permit will also be required. For more specific information on noise variance permits, call 721-5269 or 721-5290. Reservations are posted on the reservation boards located within all major park shelters. The shelter is cleaned prior to the event and checked after the completion of the event. Please note that park restrooms close for the season in mid-October due to the weather and will open in mid-April.

Equipment Rentals

Croquet sets, horseshoes, a tug of war rope, portable volleyball sets, flag football and softball equipment, and street hockey sets may be checked out at the front counter at the Laramie Community Recreation Center. Prices vary depending on item. For more information call 721-5269. All equipment must be reserved at least 24 hours in advance.

Open Container Permit Guidelines

Under LMC title 12, section 5.09.360; No person shall consume or carry in open containers alcoholic liquor or malt beverages on any street or highway, on any alley, on any sidewalk, in any public park or public building, on any parking lot open to unrestricted use by the public, or in any vehicle, within the City unless the City has issued an open container permit, a malt beverage permit for special events or a catering permit for special events. Any individual or group of any size who desire to consume alcoholic beverages shall make application a minimum of five days prior to the date/time of the open container permit. There is a \$25 fee for an open container/alcohol permit for each facility reservation where alcohol may be consumed. An additional refundable damage deposit ranging from \$50-\$300, depending on the number of people attending the event will be assessed. The applicant or authorized officer of the sponsoring organization shall be required to obtain public liability insurance or liquor liability insurance with the City named as additional insured in an amount of not less than \$500,000 for open container permits of less than 50 participants and \$1,000,000 for open container permits of more than 50 participants to protect against loss from liability imposed by law for damages on account of bodily injury and property damage arising from the open container permit. Public liability insurance or liquor liability insurance is readily available through most homeowners or renters insurance policies at a minimal cost. Please contact the Parks and Recreation office or your insurance agent or representative for additional details.

First Street Plaza Rentals

The 1st Street Plaza, located in Historic Downtown Laramie at 1st Street and Grand Avenue, is available for private reservations. The fire pit is available for rent in conjunction with a facility reservation for an additional fee. The fire pit is not for cooking food but for aesthetics, ambience and heat. An additional damage deposit of \$150 and public liability insurance with the City named as additional insured in an amount of not less than \$500,000 (up to 50 participants) or \$1,000,000 (more than 50 participants) is required for all fire pit rentals. The available hours for fire pit rental are 11 am to 9 pm, 7 days a week.

Tree & Bench Donations and Memorials

The Parks and Recreation Department accepts donations of trees, shrubs and park benches for beautification of the City Parks and Recreation areas. Prior to planting or installation, the Parks staff must approve the donation and the location it will be placed. The family or group can plant the tree or shrub they have donated with the Parks staff assistance. All tree donations and memorials purchased from the City are invoiced at wholesale cost and a plaque can be placed by all memorials or donations, if desired.

Community Gardens

Parks & Recreation has developed community garden plots for individuals who do not have the space for a garden. The plots are located within Greenhill Cemetery, 455 N 15th Street. This community garden area is for flower or vegetable gardens. Individual plots are 10' X 15' and can be reserved for \$20 per growing season. Water hose bibs are available at the site. Hoses and tools are not provided. All community garden participants must sign and adhere to the rules as set by the Parks & Recreation staff. Reservations for the growing season may be made after February 1st, returning users are given the month of January to reserve their garden spot from the previous year. For further information please call Parks & Recreation at 721-5267.

Recycle Beds and Mulch for Plants and Beds

The Parks and Recreation Department has a free mulch bin located in LaBonte Park, directly south of LaBonte softball field. This mulch is produced from recycled Christmas trees and tree/shrub pruning from the Laramie Parks.

Chemical Free Park

In response to community requests, Harbon Park is designated as a chemical-free park. No insecticides or herbicides will be used except for emergency care on endangered trees, turf, or shrubs. The use of fertilizers and mosquito spraying will be permitted only as necessary. This will give Laramie citizens who are chemically sensitive a city park to utilize and enjoy without concern of possible exposure to chemicals and pesticides.

Adopt A Park Program

This volunteer program is sponsored by the Parks and Recreation Department and encourages citizens to get involved in various aspects of park maintenance. These agreements are typically with an individual or group of individuals who have a common interest in a specific park or recreation area. For more information regarding adopting your neighborhood park, call the Parks and Recreation Department at 721-5267.

Adopt and Sponsor the Greenbelt

The Parks, Tree and Recreation Advisory Board are proud to announce the availability of Adopt a Greenbelt and Sponsor the Greenbelt opportunities. These agreements permit individuals, families and groups to get involved in the maintenance and care of the Laramie River Greenbelt. The Adopt the Greenbelt Agreement specifies that the group shall be responsible for cleanup of trash and debris for a quarter mile of greenbelt trail a minimum of two times per calendar year. The City shall recognize the group with trail signs. The sponsor agreement is specifically tailored for groups who wish to donate funds to the ongoing maintenance of the Greenbelt without the responsibility of annual cleanup. The City shall recognize the sponsors on a sign on the kiosk at the Optimist Park trailhead. For further information call Parks & Recreation at 721-5267 or 721-5269.



Looking for information on our community partners and other area recreation organizations? Go to www.cityoflaramie.org/communityrec for contact information.

Parks

Laramie Park Rules

Pursuant to City Ordinance #12,52,050, the following rules and regulations for the Laramie Parks have been adopted and are enforced: * Dogs must be on a leash. * Remove feces at once. * No golfing. * No bikes on paths in parks. * No alcohol without permit. * No overnight sleeping/camping. * No damaging facilities. * No vending without license. * No damaging of vegetation. * No metal detectors or digging.

Laramie Parks:

1st Street Plaza (1st & Grand Ave): Benches, Performance Stage, Tables, Event Kiosk, Drinking Fountain, Map Scape of Downtown Area, Gas Fire Pit (facility rental required), Historic Ledger Plates, Children's Play Area

Depot Park (1st & Sheridan) : Depot #1 (2 tables, BBQ); Playground; RR Heritage Park; Historic "Snow" Train; **Off-leash dog area within the north half of Park**

Greenbelt Path: Paved bicycle and pedestrian path, 6.75 miles long, trailhead at Optimist Park at Garfield & Spruce Streets.

Harbon Park (13th & Harney): Chemical Free Park, Picnic area, Playground

Jerry Ullrich Park (9th & Spring Creek): Memorial Bench

Kiowa Park (Bannock & Kiowa): Playground

Kiwanis Park (Hwy 130 & Wyoming Ave): Kiwanis #1 (restrooms, 2 tables, electricity, BBQ's); Playground; Soccer Fields; Baseball Backstops

LaBonte Park (5th & Canby): LaBonte #1 (restrooms, 6 tables, electricity, water, BBQ's); LaBonte #3 (2 tables by basketball court); LaBonte #4 (2 tables, BBQ's by Ft. Sanders Building); LaBonte Softball Field; Laramie Skate Park/Lights; Demonstration Beehive; Xeriscape garden; Basketball Court; Fitness Course; Playgrounds (2); Walking/Jogging Path (.63 mile); Community gardens; Little League Baseball Fields: Kiwanis, Optimist

LaPrele Park (23rd & Spring Creek): LaPrele #1 (restrooms, 2 tables, electricity, BBQ's); LaPrele #2 (Huck Finn Pond, 2 tables, BBQ's); Huck Finn Pond and Dock handicap accessible; Native Area; Playground; Spring Creek 18 Hole Disc Golf Course

Laramie River Greenbelt Park (Garfield & Spruce): Laramie River Greenbelt Trailhead; Walk/run/skate/bike path; 1 Shelter; Nature/Bird Tour Guide; Historic Hahn's Peak Railroad interpretive sign; Benches; Picnic Tables; River fishing; Port-a-potty; Playground

LaRamie Park (Television & Armory): Soccer Fields; Port-a-potty (summer only)

O'Dell Mini Park (Albin & Mill): Picnic area; Playground

Optimist Park (W. Garfield & Spruce): Optimist #1 (restrooms, 4 tables, BBQ's); Optimist #2 (2 tables, BBQ); Optimist Trailhead - 1 table; Basketball court; Playground; Off Leash Dog Run Area

Sandy Aragon Softball Complex (22nd & Armory): Softball Fields, Restrooms

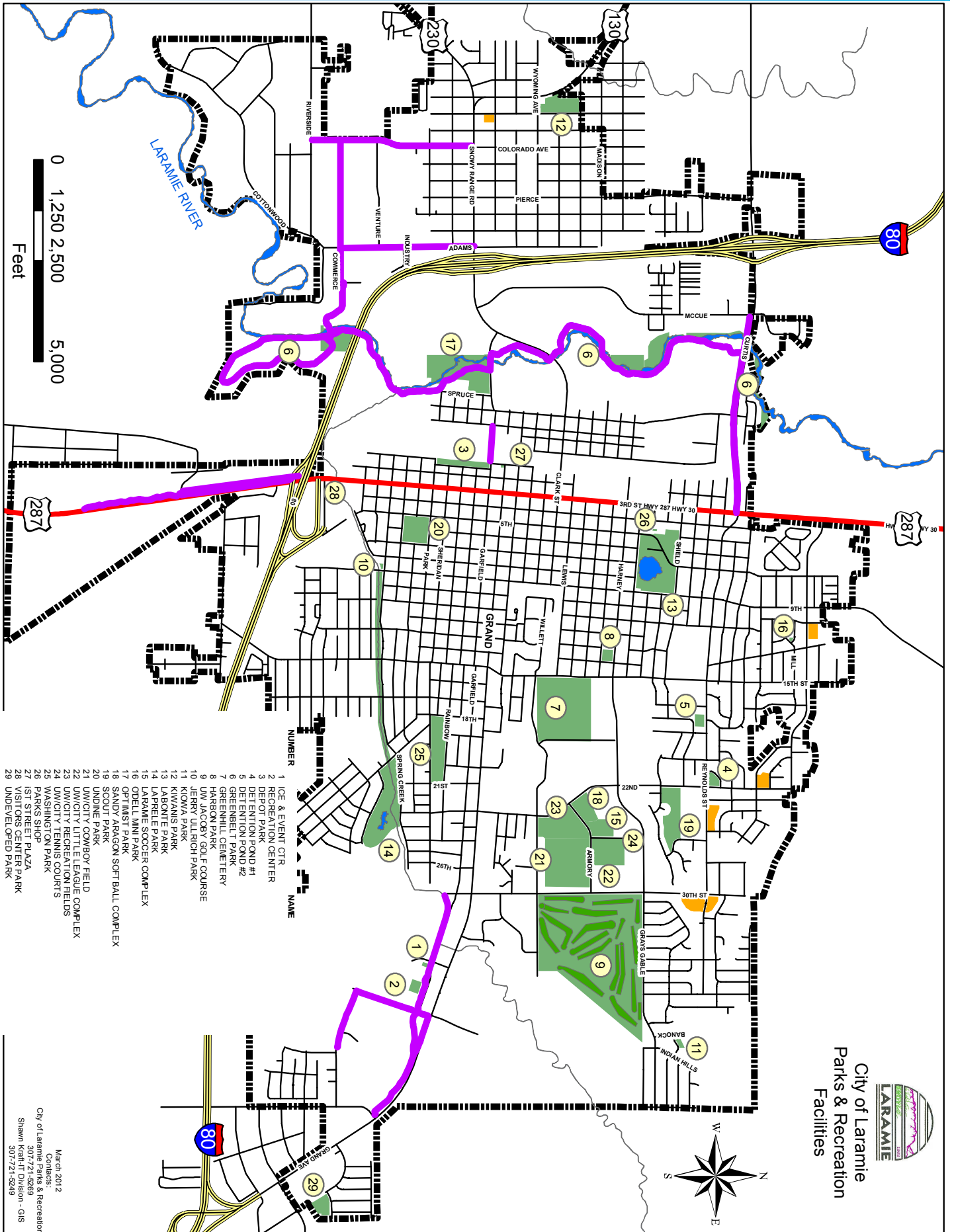
Scout Park (22nd & Reynolds): Soccer Fields, Fitness Course, Picnic Areas

Undine Park (5th & Ord): Undine #1 (restrooms, 4 tables, BBQ's); Undine #2 (2 tables, BBQ's on west side of park); Undine #3 (2 tables, BBQ's on north side of park); Undine BBQ Pits & 4 tables; Splash Pad; Baseball backstop; lighted Tennis Court; Basketball Half Court; Sand Volleyball Court with lights; Playground

Washington Park (18th & Sheridan): Otto Dahl (restrooms, 5 tables, electricity, water, BBQ's); Washington #1 (8 tables, electricity, BBQ's); Washington #2 (4 tables, BBQ's); Washington #3 (2 tables, BBQ's); Horseshoe pits (12) with lighting; Wading pool; Port-a-potty (summer season only); lighted Basketball Court; Edgar J. Lewis Bandshell - electricity; Sand Volleyball Court; Walking/Jogging Path (.78 mile); Playground; Toddler Playground; Soccer Fields; 15 Station Fitness Circuit Course

Visitors Center (3rd & Boswell): Picnic Shelter, Picnic Tables, Benches





Events

Arbor Day Celebration and Tree Sale

Saturday, June 8

8 am - Noon

Come by the Parks Maintenance Shop, 1052 N. 5th St., for our annual tree sale. Call 721-5264 for more information or visit our website at www.cityoflaramie.org/arborday.



Band Concerts

Wednesdays, 7:30-8:30 pm

FREE!

Come to the Washington Park Bandshell to enjoy seven FREE community concerts. Bob Belser leads the lively Laramie Municipal Band on the following Wednesdays: June 26, July 3, July 4, July 10, July 17, July 24, and July 31. Join us for one of our favorite events at Washington Park and enjoy the sounds of summer!

Freedom has a Birthday

Thursday, July 4th

10a-4p

Laramie's community Fourth of July celebration at Washington Park! Join the festivities as Freedom has a Birthday celebrates its twenty third year. There will be free activities and treats, entertainment and friendly competitions for all ages. This year, rent a picnic table for your family to use for the day. Don't forget to take advantage of our outlying parking and shuttle to Washington Park from the UW South lot at 15th and Spring Creek. Call Laura at 721-5265 for more information.

Huck Finn Fishing Derby

Saturday, July 27

11a-2p

FREE!

Co-sponsored with KOWB Radio, join us for a great day of fishing and prizes! Prizes for biggest fish, littlest fish, first fish caught and first to catch their limit. Age groups are 0-5 years, 6-7 years, 8-10 years and 11-13 years. Participants register at the pond on the day of the derby, registration begins at 10 am. Location: Huck Finn Pond in LaPrele Park.

Dog Day in the Park

Sunday, August 25

Noon-4pm

FREE!

Washington Park goes to the dogs on August 25th as we celebrate Dog Day in the Park. This annual event is a summer favorite for canines and their companions alike! This free event features agility and lure courses, a dog show (costumes encouraged), Hydro Hounds, The Pet Spa, Better Behaved Canines, Coach's Scoop Ice Cream, Therapy Dog information, a dog wash, Sketch-a-Pet and much more. The Washington Park Wading Pool will also be available for dogs to frolic in. Join us for a fun romp in the park!

Dog Day in the Pool

Monday, September 2

Noon-4pm

\$3 (\$4 non-members)

Bring your best friend (of the canine variety) for a day of swimming in the Outdoor Pool! This is a special time for dogs only to swim in the Outdoor Pool, no humans will be allowed to enter the water. Well socialized dogs only please.

Arts in the Park

This fun day featuring a variety of artists and activities will take place in Undine Park on August 17th. Please watch your Parks and Recreation E-Newsletter for further details on this year's Arts in the Park or visit our website at www.cityoflaramie.org/artsinthepark.



SUMMER 2013 YOUTH TENNIS CLINICS

Tennis lessons for 4-12 year olds offered at the University of Wyoming Outdoor Tennis Courts. Experienced instructors! Beginner and intermediates welcome! Quick Start tennis nets, racquets, balls, and courts for the 4-7 year olds! Interested 13-14 year olds are invited to join the 10-12 age group! Six sessions per clinic!

CLINIC 1: May 13-24; MWF 4-5 pm for age 4-5/6-7; T & Th 4-5 pm, F 5-6 pm for age 8-9/10-12

CLINIC 2: June 24-July 5; MWF 9-10 am for age 4-5/6-7; MWF 10-11 am for age 8-9/10-12

CLINIC 3: Aug. 26-Sept. 6; MWF 4-5 pm for age 4-5/6-7; T & Th 4-5 pm, F 5-6 pm for age 8-9/10-12

Cost: \$50 per clinic for ATA members; \$60 non-members; drop-in \$13 per single session

Sponsored by the Alpine Tennis Association (ATA). For more information contact us at info@alpinetennis.org

Community Information

Friends of Community Recreation (FCR):



FCR is dedicated to making recreational opportunities available to all residents of the City of Laramie and Albany County, and we want you to be involved! FCR has been called "The warm and fuzzy arm of Parks & Recreation." And this is something we strive towards – to be approachable and to help all of

the residents of Albany County access our great recreational opportunities! In the past, FCR has been instrumental in raising funds for the addition of an 8 lane pool at the Recreation Center. In 2011, FCR approved \$4,384.75 in donated passes to the Recreation Center and Ice and Events Center to be distributed through the Community Holidays Program. FCR meets on the first Wednesday of each month at noon in the Recreation Center front conference room. Agendas are available through our website. Please contact us or drop in on one of our meetings to see how you can support quality recreation in Laramie!



Wyoming Health Fairs

Wyoming Health Fairs offers low cost blood screenings in the Laramie Recreation Center every Wednesday from 7:00 - 10:00 am. Please go to www.wyominghealthfairs.com or call 1-800-979-3711 for more information.

Laramie Rifle Range

The Laramie Rifle Range is located 3.8 miles north of the City limits. Follow Rogers Canyon Rd (9th Street) north 3.8 miles and turn right on Rifle Range Road. Follow the road $\frac{3}{4}$ mile to the Range Support Building. All shooters must sign in before shooting. Public users (non-members) pay \$10 per day to use the range. A wide variety of targets are available for purchase at the range. Hearing and eye protection are required while on any active shooting range. NRA Range Safety Officers will supervise and assist non-members on Public Days. The following ranges are available to non-members on Public Days: 50 yard Pistol and Rimfire Range, 100 yard Multi-Purpose Range, 200 yard Rifle Range, and the 50 yard Practical Pistol Range. Additional Rifle, Pistol, Shotgun and Archery ranges are available to members and their guests. Annual membership dues range from \$40 to \$110. Student, Individual, Family and Affiliate Memberships may be purchased at the range on Public Days or online. Additional information can be obtained at www.laramieriflerange.com.

Laramie Rifle Range Schedule of Events - 2013
May 18: Public Day June 15: Public Day July 13-14: Long Range Match (Canyon Range rsvd)
July 20: Public Day, High Power Team Match (Canyon Range rsvd)
July 21: High Power Leg Match (Canyon Range rsvd) July 27: Vintage Military Rifle Clinic and Shoot
Aug 10-11: F-Class Long Range Match (Canyon Range rsvd) Aug 17: Public Day
Saturdays & Sundays, Sept 7 thru Oct 20: Public Days for Sight-In Season (10am – 6pm)



Youth Golf Program! Registration Open Now!

The First Tee is a non-profit youth development organization that teaches young people golf skills while providing education programs that build character, instills life-enhancing values and promotes healthy choices.

The First Tee is offering classes this summer for youth ages 4 to 18.

Classes begin in June, registration is open now!

ALL CHILDREN OF CURRENT MILITARY SERVICEMEN AND WOMEN ARE FREE OF CHARGE. Scholarships are available for qualifying families! The First Tee of the University of Wyoming will provide all equipment needed if a participant does not have their own set of clubs. Contact Jenna Zamprelli, Executive Director, at 307-760-0773 or FirstTee@uwyo.edu for more information.

View full program details at: www.uwyo.edu/jacobygc/first-tee

Youth

Roller Skating

Come out and skate under the lights! The Ice & Event Center has acquired a limited number roller skates and will be opening for some roller skating hours this summer. Rental skates are limited, but we are in the process of building our inventory. You are welcome to bring your own skates. Concessions will be available during roller skating times. We will be scheduling events in the building this summer, so be sure to check the schedule online at www.cityoflaramie.org/rollerskate for updated skating days and times. Location: Ice & Event Center, 3510 Garfield St.
 Fee: \$5 entry, \$4 with your own skates June 6-August 30
 Thursdays, 4:30p-6:30p Fridays, 3:00p-5:00p Sundays, 3:45p-5:45p

Drop in Roller Hockey

Keep in practice for the upcoming ice hockey season by skating with your friends. This session will be an open drop-in time for youth. Bring your own helmet, skates and sticks. We will have limited quad skates for rent if needed. Location: Ice & Event Center, 3510 Garfield Street
 Mondays, June 3-August 26 Fee: \$4 **6-10 years old:** 5:45-6:45p **11-16 years old:** 4:45-5:45p

Kid's Night Out

A great way for kids to have fun, and make friends in a safe, supervised environment! Kid's Night Out is led by screened and trained staff and includes swimming, gym activities, board games, crafts, pizza and drinks. Registration closes at noon on the Friday of the event. Kid's Night Out is for grades K through 6th and is limited to 45 participants.
 Friday, June 7 6 - 9:00 pm Fee: \$10, (\$12 non-members) Activity #214500-A

Bicycle Riding Skills

All Bicycle Safety Courses require that the children wear appropriate clothing to include: approved helmets, closed toe shoes and other protective gear deemed appropriate. Both classes are held at the Ice & Event Center.

Beginning Bicycle Safety: This course is for the beginning bicyclist. The goal of this course is to teach the beginning cyclist how to handle and maneuver their two wheelers in a safe manner, including basic hand signals and safety. The child should have a chain driven bicycle and know how to mount and dismount without assistance. Training wheels are acceptable. Instructors are Certified Bike Patrol Officers with the Laramie Police Department.
 Min/Max: 4/12.



Activity # 218200-1A August 19-22 M/T/W/Th 9a-10a 4-6 yrs \$10

Safely Riding in the Community: This course is developed for children that have experience in general bicycle handling and safety. The goal of this course is to show children ages 7-11 years how to navigate city streets and get to destinations safely. The child should be confident with bicycle basics before starting this course. Course content includes riding bicycles to predetermined destinations throughout the city using proper bicycle handling techniques integrated into riding with traffic and basic traffic laws. Min/Max: 4/12.
 Activity #218200-1B August 19-22 M/T/W/Th 10a-12p 7-10 yrs \$10



Conservation Kids Programs

Conservation Kids programs are sponsored by the Laramie Rivers Conservation District and are FREE to the public. Classes will be held every Thursday, 9-10:30 am. Pre-registration is required, please call 721-0072 to register for programs.

Conservation Kids programs will be held at the Kid's and Community Gardens (8th and Shields) in LaBonte Park. For details about the programs, call Trish at 721-0072. Programs offered include: Kid's Garden Club, As the Worm Turns, Bees Honey Factory and What's Buzzing in my Garden.

Find full details on programs, including dates and times, by visiting www.lrcd.net.

Little Kickers Soccer



This league is designed to introduce players ages 3-6 to the basic fundamentals of the game of soccer while having fun! Teams will be chosen according to the participant's age, at the time of registration. All players receive soccer jerseys. All participants must wear shin guards covered with socks. First practice will be a Parent/Coach/Player meeting and team organization. Volunteer coaches are needed for this program. Please contact Doug at 721-5263. Min/Max: 20/150
Location: Undine Park, 7th & Ord.

3-4 years old Activity # 210400-1A Fee: \$45
Practices: Mondays, Aug 19-Sept 23, 5:30-6:30p
Games: Wednesdays, Sept 4-Sept 25, 5:30-7:30p

5-6 years old Activity # 210400-1B Fee: \$45
Practices: Tuesdays, Aug 20-Sept 24, 5:30-6:30p
Games: Thursdays, Sept 5-Sept 26, 5:30-7:30p

Little Sluggers - Beginning Baseball

This T-Ball League is designed for children ages 4-6 to get a start in baseball. Emphasis is on having fun and learning the fundamental skills. We use specially designed baseballs and lightweight bats to help develop confidence and proper techniques in hitting and fielding without the fear of getting hurt. Players receive uniform shirts. The first practice will be a Parent/Coach/Player meeting and team organization. Volunteer coaches are needed for this program. Contact Doug at 721-5263 if you are interested in volunteering. Min/Max: 20/99.
Location: LaBonte Park/Optimist Field, 5th & Canby.

Group 1: Activity # 210600-1A Fee: \$45
Practices: M & W, July 15-24, 5:30-6:30p Games: M & W, Jul 29 - Aug 14, 5:30-7:30p
Group 2: Activity # 210600-1B Fee: \$45
Practices: T & TH, July 16-25, 5:30-6:30p Games: T & TH, Jul 30 - Aug 15, 5:30-7:30p



Skyhawks Sports Camps

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen. All participants receive a t-shirt and a merit award.



Flag Football

Skyhawks Flag Football is the perfect introduction to "America's Game" or a great refresher those who want to brush up on their skills preparing for league play. Campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun and positive environment. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron! Min/Max: 15/24 Location: Washington Park.

Activity # 213000-3 July 29-August 2 M-F 9:00a-12:00p 7-14 yrs \$109

Mini-Hawk

This multi-sport program gives children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Min/Max: 15/24 Location: Washington Park.

Activity # 213000-4 July 29-August 2 M-F 9:00a-12:00p 4-7 yrs \$109

Summer Clubs



Our 8-week Summer Club program begins on Monday, June 10, and goes through Friday, August 2nd. The age range for this program is 7 years (or entering 2nd grade) through 12 years (or entering 6th grade).

All clubs meet at the Recreation Center, 920 Boulder Drive, with a minimum of 12 and a maximum of 40 children accepted each week. Our staff/child ratio is 1:10. Each week will be theme-based and will include swimming on Tuesday and Friday afternoons, as well as a field trip to the UW Art Museum most Wednesday mornings. Some weeks will include a field trip on Thursday afternoons. Fees include all activities, field trips, and a morning and afternoon snack. Each day, send your child with a sack lunch, water bottle, light jacket, sun screen, chapstick, and a hat to protect them from the sun. If your child is attending on Tuesday and Friday afternoons, don't forget to send their swim suit, towel, and goggles.

Registration for all summer recreation programs, including Summer Clubs, will begin on Monday, May 20th. Please note that registrations will not be accepted earlier than May 20th.

Registrations are taken on a first come-first serve basis. Payment for each club is the only thing that secures a space for that week.

To register, parents/guardians first complete the Summer Club enrollment form, which you can get at the Front Desk of the Recreation Center. The completed enrollment form, photo consent form, parent consent

form, and payment need to be returned to the Front Desk of the Recreation Center before we can enroll your child. For each week, you will have three registration options: mornings (8am-12:30pm), afternoons (12:30-5p), or full-days (8am-5pm). Mornings are \$65/wk. Afternoons are \$65/wk. Full-Days are \$125/wk. You may register for every week, or pick and choose weeks, but we will only take registrations for full weeks; there is not an option to register for individual days. A sliding fee scale is available for Summer Clubs. To be considered for the sliding fee scale, you must provide proof of income and a statement of household size at the time you submit the enrollment form. Scholarships are not available for Summer Clubs; if you need financial assistance please utilize the sliding fee scale.

Around the World

June 10-14

Monday-Friday

Get ready to travel the globe! We're visiting South America, Europe, Australia, and Africa in just five days. The kids will be introduced to cultures, celebrations, and traditions from around the world. Our exploration of these regions will include food, art, sports, and much more. We will be travelling to a different country, region or continent each day.

Full Days: 8:00a-5:00p, \$125

Mornings: 8:00a-12:30p, \$65

Afternoons: 12:30-5:00p, \$65

Science Fair

June 17-21

Monday-Friday

Calling all scientists, mad... or otherwise! We believe that every child can be a scientist and our goal is for the kids to have fun while getting excited about science through a variety of wacky, messy science experiments! This club will further inspire interest in science by having the kids break into small groups, each guided by a teacher, to brainstorm, create and present their group science project at the end of the week at our very own science fair!

Full Days: 8:00a-5:00p, \$125

Mornings: 8:00a-12:30p, \$65

Afternoons: 12:30-5:00p, \$65

Wonderful World of Wonka

June 24-28

Monday-Friday

Enter the Wonderful World of Willy Wonka... hidden Golden tickets, Wonka Bars, Oompa Loompas, we have it all! Enjoy many activities based on the book *Charlie and the Chocolate Factory*, by Roald Dahl. Read the book, conduct science experiments, make rock candy and fruit gummies, design candy wrappers, do the Oompa Loompa dance, and much more!

Full Days: 8:00a-5:00p, \$125

Mornings: 8:00a-12:30p, \$65

Afternoons: 12:30-5:00p, \$65

Summer Clubs

Adventurers of the Past

July 1-3, 5

Mon-Wed, Friday

Pirates, Cowboys and Knights... all characters that convey thoughts of daring adventure and fascinating tales of history. Make treasure maps, hunt for buried treasure, practice roping, design your own brand, play horseshoes, and build catapults. All this and more as the kids engage in activities designed to teach and raise excitement about these bold icons of the past.

Full Days: 8:00a-5:00p, \$125

Mornings: 8:00a-12:30p, \$65

Afternoons: 12:30-5:00p, \$65

Blast from the Past

July 8-12

Monday-Friday

Have you ever wondered what it would be like to live in a previous decade? Well, wonder no more! We'll take steps back in time as we explore five of the most influential decades in American history. Through music, dance, hairstyles, fashion, television, games, movies, crafts, fun facts, and food, we'll enter these decades... one decade per day.

Full Days: 8:00a-5:00p, \$125

Mornings: 8:00a-12:30p, \$65

Afternoons: 12:30-5:00p, \$65

Into the Wild

July 15-19

Monday-Friday

For this club we will shift our focus to the outdoors, engaging the kids in the wonderful Wyoming world around us. Make birdfeeders and paracord bracelets, play wildlife Bingo, go on a wild plant scavenger hunt, make homemade granola bars and learn how to survive outdoors.

Full Days: 8:00a-5:00p, \$125

Mornings: 8:00a-12:30p, \$65

Afternoons: 12:30-5:00p, \$65

Delve into the Deep

July 22-26

Monday-Friday

Explore the many facets of the underwater world. Delving beneath the surface, we will learn about ponds, lakes, streams and oceans, and what lies within them. Through a variety of art projects, films, books, and activities the kids will learn about underwater life, capture and identify water insects, have rubber duck races, go fishing, play beach volleyball, and much more!

Full Days: 8:00a-5:00p, \$125

Mornings: 8:00a-12:30p, \$65

Afternoons: 12:30-5:00p, \$65

World's Most Famous Bear

July 29-August 2

Monday-Friday

Affectionately known as Pooh or Pooh Bear, he's probably the most famous bear in the world, known to millions around the world. Pooh was created by A.A Milne and named after the favorite stuffed bear of his son, 6 year-old Christopher Robin. Meet Pooh and his friends Piglet, Eeyore, Tigger, Kanga and Roo; discover the geography of the Hundred Acre Woods; learn the history behind the stories and discuss the clear-eyed wisdom of Winnie the Pooh!

Full Days: 8:00a-5:00p, \$125

Mornings: 8:00a-12:30p, \$65

Afternoons: 12:30-5:00p, \$65

School Age Child Care (SACC) After School Program



SACC, an after-school enrichment program for children, grades K through 6, is committed to keeping kids safe and supervised. We strive to inspire learning through specialized clubs, recreation and sports, arts and crafts, homework and tutoring, swimming, ice skating, free time, and occasional field trips. A healthy snack is included each day, as well as a healthy dose of positive reinforcement! Students are transported from the elementary schools to the Recreation Center, 920 Boulder Drive, by Albany County School District #1 busses. A maximum of 65 children per day can attend. Please note that SACC does not offer child care on ACSD #1 holidays or vacation days.

Registration for past participants & siblings will begin on Monday, July 22. Open registration will begin on Monday, August 5.

Grades: K - 6

Days: M - F, on all ACSD #1 full school days

Dates: August 27, 2013 - May 29, 2014

Time: After school until 5:30p

Fee: Sliding fee scale, call or stop by the Recreation Center for more information.

Adults

We can help you meet your fitness goals!

Personal Trainers

The services of certified personal trainers are available to members of the Laramie Community Recreation Center. The trainer's understanding of the basic components of fitness will help you work out at a level to effectively achieve your goals. Whatever your fitness needs, consider calling the Recreation Center at 721-5269 to begin your individualized fitness program!

Days: Sunday through Saturday
Time: By appointment only
Age: 16 yrs & up (exceptions considered)
Fee: \$30/one hour session; \$100/4 one hour sessions;
\$40/one hour couple session (two people)
Location: Laramie Community Recreation Center
Registration/Cancellation: 24-hour notice required



Personal Trainers available:

Kevin Bretting has been a Certified Personal Trainer through the American College of Sports Medicine (ACSM) since 2009. He has a B.S. in Kinesiology and Health Promotion with a Minor in Psychology. He has experience working with a weight loss challenge program, has taught group exercise classes such as Silver Sneakers, Water Aerobics, Swing Dancing, Core fitness, diving, and is a Revolutions instructor at the Recreation Center. While working with individuals with varied fitness levels, he provides his clients with individualized workouts tailored to achieve their overall health and fitness objectives.

Joyce Honour has been certified through ACE (American Council on Exercise) since 2005, and AFAA (Aerobics & Fitness Association of America) since 2003. She is pursuing a B.S. in Kinesiology & Health. Her experience includes personal training, yoga instruction, Tai Chi instruction, and group step aerobics instruction. She holds a Black Belt in Tai Kwan Do.

Erin Chamberlain has a B.A. degree, from Arizona State University, 2001, and is pursuing an M.A. in Educational Psychology. She has been certified through ACE (American Council on Exercise) since 1995. She is also certified through Aerobics & Fitness Association of America, and Aquatics & Fitness Professional Association- International. Her experience includes personal training; instructor of land fitness, aqua aerobics, mixed martial arts, Pilates, and Baby & Me yoga; police officer training; and weight loss support.

Circuit Weight Orientation

Schedule an orientation to our circuit weight room. This is available for members who are interested in learning how to use the machines properly. Led by our fitness staff, participants will learn proper lifting technique, and weight-room etiquette. Inquire at the Recreation Center Front Desk for information on setting up a time.

Age: 16 yrs & up

Fee: Free with membership

ART WORKSHOPS

JEWELRY MAKING • PAINTING • DRAWING • TEXTILE ARTS • PHOTOGRAPHY

Every month, WOW provides wonderful workshop sessions from a cross section of art techniques including jewelry making, fabric designs, sculpture techniques and digital art.

Our workshops are always fun and instructive.
To make reservations call us at (307) 460 3304 or
Contact us at wow@uwyo.edu | www.worksofwyoming.org

WORKS
of WYOMING
PROFESSIONAL ARTIST DEVELOPMENT CENTER

211 S. First Street
Laramie, WY
Tues_Sat 10-6



Pickle Ball

We're excited to bring Pickle Ball to Laramie! This fun sport combines elements of badminton, tennis and table tennis. Played on a badminton-sized court with a lowered net, a hard paddle and a polymer ball (similar to a whiffle ball). Pickle ball is a fun game for beginners and can be a fast paced and competitive game for more practiced players. An orientation session to teach participants the basics of the game and work on pickleball skills will be offered on June 2nd from 2-4 pm. Drop in games will start on June 9th and run through July 14th, culminating in a one day tournament. Players will be paired up to play singles or doubles and play one or two games each week. Location: Recreation Center Gymnasium.



Sundays, June 9 - July 14 2pm-5pm Ages: 16 years & up Free with membership or day pass

Co-ed Slow Pitch Softball League & Tournament

Sign up for some summer fun on the field! We are offering Competitive, Recreational, and Novice Divisions in our co-ed slow pitch softball league, so there's an opportunity for everyone to play regardless of your teams' skill level. This will be a 12 game season, with 10 regular games and a minimum of 2 games in the tournament. All teams are automatically included in the season ending tournament. Registration deadline is Sunday, July 14th at 8:00 pm. Min/Max: 4/10 teams/division, Location: Aragon & LaBonte Fields.

Divisions:	Recreational (M & W)	Novice (T & TH)	Competitive (T & TH)
Games M-Th	July 29 - Late Sept	6p - 10p	Fee: \$500/team
			Ages: 16 years & up

Yoga Under the Stars

Bring your mats and come join us under the stars by the outdoor pool for these special Yoga nights. Yoga combines slow stretching with the use of breathing and relaxation in a controlled, relaxing environment. It is a natural and all-encompassing way to promote and sustain fitness and health. No previous yoga experience necessary. Max: 15 people. Location: Recreation Center - Outdoor Leisure pool, grassy area.

Activity # 224000-1A Th, 6/27, 7/25, 8/29 8-9pm Fee: \$5, (\$6, non-members) Ages: 16 years & up

Kickball

A great social game that is an alternative to softball and soccer. It follows the same general rules as baseball, except the pitcher rolls the big red ball to a "batter" who tries to kick it for a base hit or home run. One variation allows defensive players to get someone out by bouncing the ball off him below the shoulders. Games run five innings and will take about an hour. Registration deadline is June 2nd. Min/Max: 4/8 teams, Location: UW Little League, Blue Field. Adult co-ed teams must have at least three women team members.

Sundays, June 16 - July 28 6p-10p 16yrs & up \$120/ team Ages: 16 years & up

Summer Sand Volleyball

This is the 2nd year of this program for all you volleyball lovers. There will be 2 different leagues played on Monday-Thursday nights at the Undine and Washington Park Sand Volleyball courts. Monday and Wednesday nights will be 2 person coed and Tuesday & Thursday nights will be 4 person teams. Games will run on a 45 minute time schedule starting at 5:30 pm each night. The season will have 8 league games with a double elimination tournament at the end of the season. Registration deadline: June 9th. There will be an organizational meeting June 13th at 5:30 pm. Ages: 16+. The cost will be \$75 per team for two person and \$150 for 4 person teams.



Be sure to check out our Aquatic fitness opportunities on page 10!

Adults

Recreation Center Fitness Classes

Drop in for a single session, try our NEW 20 class punch pass, or purchase our unlimited pass - which gets you access to ALL the fitness classes listed on these two pages for a full month. It's an amazing value that lets you sample all we have to offer! Or simply sign up for a session of your favorite class. Signing up by session allows you to attend all the classes listed for that session, for a full calendar month. All fitness classes are available to ages 16 and up.

Check at the Front Desk to see a profile of our fitness class instructors and the classes they will teach! Classes meet in the Recreation Center Fitness Room, unless otherwise noted.

New payment option! Purchase a 20 class punch card that can be used to attend any of our fitness classes. You will have 2 years from the date of purchase to use the punches. All fitness class fees are non-refundable. Pro-rating of classes is not available.



Fitness Class Schedule (effective May 28, 2013)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30a		Revolutions A	Revolutions B	Revolutions A	Revolutions B	Revolutions F*	
6:00-7:00a			Body Shock		Body Shock		
8:15-9:15a		Revolutions C		Revolutions C		Revolutions G*	Revolutions H*
9:00-10:00a			Step A		Step A		
9:30-10:30a		Yoga A		Yoga A		Power Yoga A*	Step B*
10:15-11:15a			Taiji Fit		Taiji Fit		
12:00-1:00p						Pilates A*	
12:15-1:15p	Step C*		Yoga B		Yoga B		
3:00-4:00p	Pilates B*						
4:30-5:30p		Revolutions D	Retrorobics A	Revolutions D	Retrorobics A		
5:30-6:30p						Step/Sculpt A*	
5:45-6:45p		Step +	Revolutions E	Step +	Revolutions E		
7:00-8:00p		CIT Zumba	Tai Chi	CIT	Zumba Tai Chi		

* : drop-in or unlimited pass only

Fitness Class Prices

Drop-In (single visit for any class)	\$5 / class, (\$6 non-members)
Session (1 session of any fitness class for 1 month)	\$25 / session, (\$30 non-members)
20 Class Punch Pass	\$100, (\$120 non-members)
Unlimited Pass (ALL Fitness classes listed on pg 25, for 1 month)	\$42 / month, (\$48 non-members)

Class Descriptions: Sessions noted with a * are not eligible for monthly session registration.

Revolutions: Sixty minutes of simulated cycling with intervals of strength, endurance, and speed all performed to music; requires a more substantial fitness base. We've added NEW Revolutions bikes for an even better ride! Bring water and a towel (padded shorts are recommended). First time participants, come to class 5 minutes early. Toe-clip shoes are NOT allowed on wood floors. Min/Max: 4/12.

Session A: M/W, 5:30-6:30 am

Session B: T/Th, 5:30-6:30 am

Session C: M/W, 8:15-9:15 am

Session D: M/W, 4:30-5:30 pm

Session E: T/Th, 5:45-6:45 pm

Session F*: F, 5:30-6:30 am

Session G*: F, 8:15-9:15 am

Session H*: Sat, 8:15-9:15 am

Cardio Interval Training (CIT): A tough workout combining high and low-intensity with recovery periods. An excellent way to burn calories and build endurance. A must for SF2 fans!

Session A: M/W, 7-8pm

Step Aerobics: Through an hour of step aerobics, a person can expect to burn between 500 and 1,000 calories, depending on their weight and the level of intensity. This class will include choreographed combinations, appropriate for participants new to group fitness classes; lighter strength training & core work included.

Session A: T/Th, 9-10 am

Session B*: Sat, 9:30-10:30 am

Session C*: Sun, 12:15-1:15 pm

Step Aerobics + : Step Aerobics, turned up a notch! This class will be similar to the step class, just geared for participants who are ready to push themselves a little further and are ready for an advanced step experience.

Session A: M/W, 5:45-6:45 pm

Step/Sculpt: This is a step class with "extras"- think weights and a full body workout integrated into a step aerobics class.

Session A*: F, 5:30-6:30 pm

Retrorobics: Break out your legwarmers and prepare to have a blast from the past. Routines include easy to follow moves to retro and current music. Includes sculpt, core, and floor work.

Session A: T/Th, 4:30-5:30 pm

Yoga: Vinyasa-style class for all levels. Vinyasa yoga is a style in which movement is synchronized to the breath. This style is sometimes also called flow yoga, because of the smooth way that the poses run together and become like a dance. This style will be in combination with static yoga positions.

Session A: M/W, 9:30-10:30 am

Session B: T/Th, 12:15-1 pm

Power Yoga: Yoga with a more intense flow that includes core work and cardio conditioning. All levels welcome, but be prepared to be energized!

Session A*: F, 9:30-10:30 am

T'ai Chi: An ancient Chinese martial art form that was developed to enhance both physical and emotional well-being. T'ai chi is great for improving flexibility and strengthening. Improve balance, flexibility, memory, concentration and coordination all while having fun! Wear loose clothing and soft shoes.

Session A: T/Th, 7-8 pm

TaijiFit: Try the most unique workout to come along in decades. This class will help you connect your body, mind and spirit and experience better balance and coordination. We will combine the best elements of fitness, meditation and Tai Chi. For all fitness levels and drop-ins are welcome.

Session A: T/TH, 10:15-11:15 am

Body Shock: This boot camp-style workout is sure to sync body and brain to deliver your strongest self. Don't miss this chance to get your workout in, before work!

Session A: T/Th, 6-7 am

Zumba Fitness: Zumba is a fun and effective workout system that includes cardio, muscle-toning and stretching to latin-inspired music tracks. The work-out will include core work as well as some moves you may recognize from other classes. You will torch calories, but this class is all about having fun so you can forget you're even working out! Come help us party! Location: Ice & Event Center.

Session A: M/Th, 7-8 pm

Pilates: Pilates emphasizes the balanced development of the body through core strength. The Pilates method works well for a wide range of people. Athletes and dancers love it, as do seniors, women rebounding from pregnancy, and people who are at various stages of physical rehabilitation. Core strength is the foundation of Pilates.

Session A*: F, 12-1 pm

Session B*: Sun, 3-4 pm

Contact Information

Parks Division.....	1052 N. 5th St.....	721-5266
Mosquito Control Shop.....	1268 N. 4th St.....	721-5258
Mosquito IPM Hotline.....		721-5056
Greenhill Cemetery.....	455 N. 15th St.....	721-5267
Ice & Events Center.....	3510 Garfield St.....	721-2161
Parks & Recreation Hotline.....		721-3575

Staff Directory

Parks & Recreation Director

Paul Harrison.....pharrison@cityoflaramie.org.....721-5260

Facilities Maintenance Manager

Scott Stevenson.....sstevenson@cityoflaramie.org.....721-3585

Recreation Manager

Jodi Guerin.....jguerin@cityoflaramie.org.....721-5259

Parks Manager

David Schott.....dschott@cityoflaramie.org.....721-5264

Mosquito Crew Supervisor

Keith Wardlaw.....kwardlaw@cityoflaramie.org.....721-5258

Recreation Guest Services Supervisor

Kat Vialpando.....katv@cityoflaramie.org.....721-5253

Recreation Program Supervisor

Doug Meade.....dmeade@cityoflaramie.org.....721-5263

Aquatics Supervisor

Jason Stolz.....jstolz@cityoflaramie.org.....721-3584

Recreation Program Coordinator

Cynthia Stoffers.....cstoffers@cityoflaramie.org.....721-5262

Recreation Program Coordinator

Laura Tangeman.....ltangeman@cityoflaramie.org.....721-5265

Recreation Account Clerk

Chrissie Henschler..chenschler@cityoflaramie.org.....721-5290

Administrative Assistant

Mel Owen.....mowen@cityoflaramie.org.....721-3572

Cemetery Crew Leader

Scott Hunter.....shunter@cityoflaramie.org.....721-5268

Cemetery Account Clerk

Julie McGee.....jmcgee@cityoflaramie.org.....721--5267

Facilities Crew Leader

Vacant.....721-5227

Parks Crew Supervisor

Vacant.....721-5257



Recreation Center
920 Boulder Drive
721-5269

Parks & Rec Hotline
721-3575

Parks & Recreation
Department
P.O. Box C
Laramie, WY 82073

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www.cityoflaramie.org/parksandrec

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by clicking on
NOTIFY ME at
www.cityoflaramie.org.

Sign up for our E-Newsletter:
<http://tinyurl.com/cca3m5h>

Registration

Ready to play? Complete the registration form below and:

Walk-in:
920 Boulder Drive

Mail:
PO Box C
Laramie, WY
82073

Call:
721-5269

Fax:
721-5284

Please note the following registration details: • Individual registration dates vary, no registrations accepted prior to May 20th at 8 am. Registrations must include fees. Fees will not be accepted prior to scheduled registration. •Classes requiring minimum enrollment will be cancelled if minimum enrollment is not met by the registration deadline. A refund will be given if the class is cancelled. •Certain activity classes have limited enrollment. Please register early for those activities. •We accept cash, checks, Visa, and Mastercard. We do not want to deny anyone's ability to participate due to inability to pay. Please see us for details on our scholarship program.

Recreation Center Class Refund Policy

• A full refund will be issued if the City of Laramie cancels an activity. • Full refunds will be given for cancellations that are received one or more working days before the activity is scheduled to begin. • Full credit to your account will be issued for cancellations received less than one working day before the activity is scheduled to begin. • With City of Laramie approval, pro-rated account credit may be issued for cancellations received after an activity begins, if there is dissatisfaction with the activity, a medical situation, and/or other extenuating circumstances. Failure to attend is not considered a cancellation. • Refunds may take 2-3 weeks to process. Participants are permitted to transfer the credit to another activity or account.



First Name: _____		Last Name: _____		M / F	
Parent Name: _____		Member / Non Member			
Address: _____		City/ST/Zip: _____			
Day Phone: _____		Alternate/Cell Phone: _____			
Birth Date: _____		Age: _____		Sch/Gr: _____	
				Shirt Size: _____	
<u>ACTIVITY #</u>		<u>ACTIVITY TITLE</u>			<u>FEE</u>
CASH _____		CHECK # _____		Cr Card _____	
				AMOUNT PAID _____	
EMAIL ADDRESS: _____					
I understand and acknowledge that use of the facilities, equipment and services provided by the City of Laramie involve certain inherent risks. Inherent risks as defined under Wyo. Stat. § 1-1-122, the Recreation Safety Act, means those dangers or conditions which are characteristic of, intrinsic to, or an integral part of any sport or recreational opportunity. Pursuant to Wyo. Stat. § 1-1-123, any person who takes part in any sport or recreational opportunity assumes the inherent risks in that sport or recreational opportunity, whether those risks are known or unknown, and is legally responsible for any and all damage, injury, or death to himself or other persons or property that results from the inherent risks in that sport or recreational opportunity. By signing this waiver, I am asserting that my participation in any sport or recreational activity is voluntary and that I am assuming the inherent risks associated with such activity. I hereby release, waive, discharge, and covenant not to sue, the City of Laramie, Wyoming, a municipal corporation, nor any of its agents, volunteers, assistants, or employees from any and all claims arising in direct relation to my assumption of risk. This is not to include actions based upon negligence of the provider wherein the damage, injury or death is not the result of an inherent risk of the sport or recreational opportunity pursuant to Wyo. Stat. § 1-1-109 and § 1-39-106. I have read and fully understand this waiver of liability and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by the law.					
Parent/Guardian Signature: _____				Date: _____	
Office Use:		Received by: _____		Entered by: _____	

NEW for Summer 2013



Pickle Ball

See page 23 for more information.



Roller Skating

See page 18 for more information.



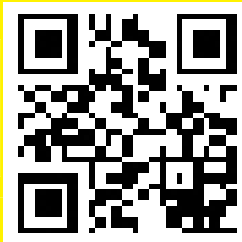
NEW Features at the Undine Splash Pad!

FREE Admission! Opens June 15th. See page 6.

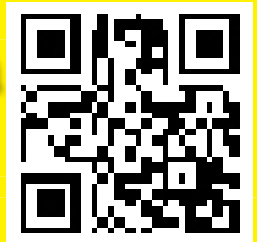
Parks & Recreation Guide



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City of Laramie
Parks & Recreation
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