



COMMERCE CITY
PARKS AND RECREATION GUIDE

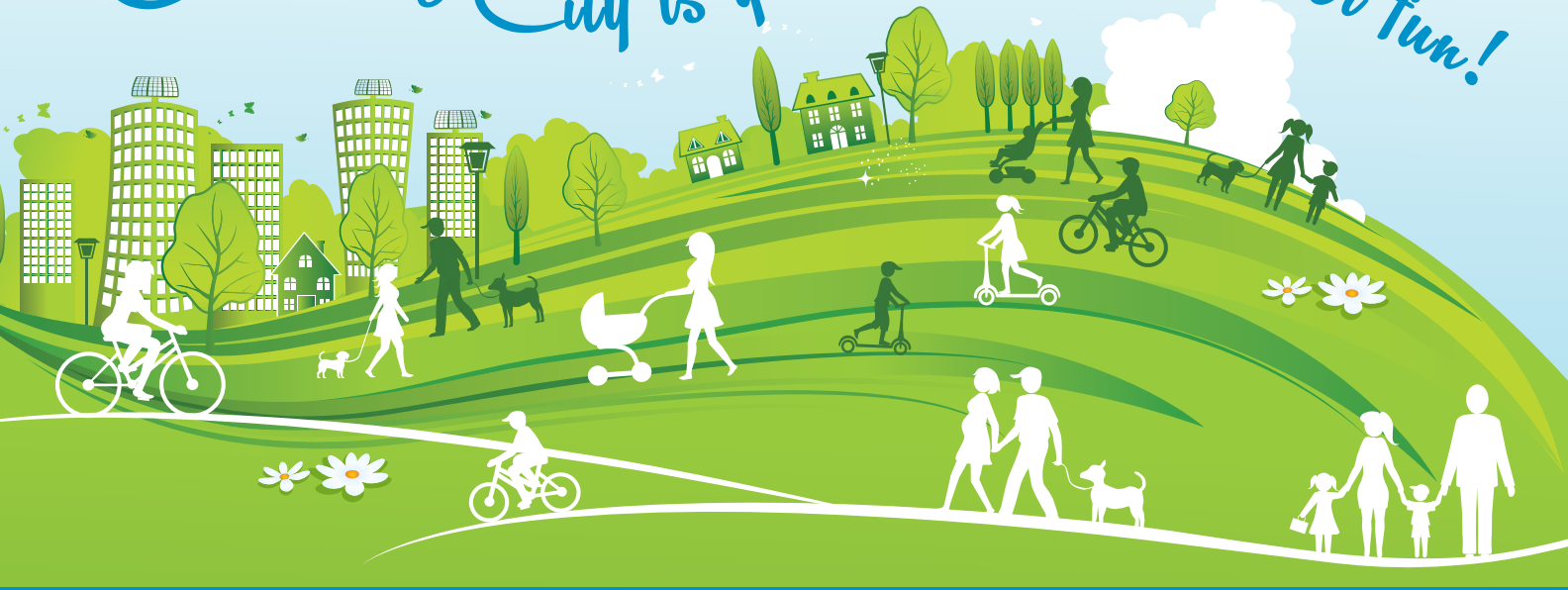
Summer 2017

Registration opens April 3

c3gov.com/recreation



Commerce City is your home for summer fun!



MEMORIAL DAY PARADE – The 53rd annual Commerce City Memorial Day Parade provides an opportunity for patriotic Americans to come together and honor those who have sacrificed so much in service to the country. Be a part of Colorado’s largest Memorial Day parade! View route information at c3gov.com/parade.

Mon 5/29 10 a.m.

NEIGHBORHOOD OUTREACHES – Bring your family to enjoy this Commerce City summer tradition. Enjoy free food and entertainment, while learning more about the city, local nonprofit organizations, and service providers.

Thur	6/8	6-8:30 p.m.	Fronterra Park	That Eighties Band (1980s Cover Band)
Thur	8/10	6-8:30 p.m.	Pioneer Park	Swerve (Country & Classic Rock)

4TH FEST – With one of the state’s largest fireworks displays, inflatables and interactive games, live entertainment and a Colorado Rapids game, Commerce City knows how to throw a party for our nation’s birthday. Tickets to the game (\$). More information at coloradorapids.com

Tue 7/4 5-9 p.m. Dick’s Sporting Goods Park

CINE EN EL PARQUE – Bring your blanket, pack a picnic and watch family movies in the park this summer. Sponsored by El Comercio newspaper, the city and the police department.

Thur 6/29 & 7/27 7 p.m. Fairfax Park Movies TBA

COMMERCE CITY’S CULTURAL COUNCIL CONCERTS IN THE PARK – Bring your picnic baskets and blankets for a free night of music. Thursdays in July. See page 7 for more information.



How can I get to the Recreation Center?

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

RECREATION CENTER

6060 E. Parkway Drive
Phone: 303-289-3760
Fax: 303-289-3783
Mon-Fri • 5:30 a.m.-9:30 p.m.
Sat-Sun • 8 a.m.-5:30 p.m.
Pool closes half-hour before facility.

GAME ROOM

Closed 5/26-9/5

ADULT/SENIOR CENTER

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

PARADISE ISLAND

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

FACILITY CLOSURES

May 7
May 29
July 4
Aug. 21-Sept. 4

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	2-4	
For more information, call 303-289-3760		
Dance	5-6	
For more information, call 303-289-3660		
Family Activities	7	
For more information, call 303-289-3659		
Fitness	8-10	
For more information, call 303-289-3762		
Gymnastics	11-13	
For more information, call 303-289-3660		
Martial Arts	14	
For more information, call 303-289-3660		
Older Adults	15-19	
For more information, call 303-289-3720		
Special Interest	20	
For more information, call 303-289-3720		
Sports	21-25	
Call 303-289-3705 for youth programs, 303-289-3763 for adult programs		
Swimming	26-31	
For more information, call 303-289-3711		
Youth and Teens	32-35	
Call 303-289-3659 for preschool and youth programs, 303-289-3674 for teen programs		
Parks and Trails	36-38	
For more information, call 303-289-3760		
Golf	39-40	
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	4/3	8-9 a.m.	FEE FOR
REGISTRATION NO.	1234.123	\$7/\$8		RESIDENT/NONRESIDENT

Registration for summer classes opens **April 3**. Participants can register online, in person or by phone. Classes that are new or part of a specific program are identified with the program logo.

NEW

Denotes a new course or activity offering.



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



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



RECREATION FACILITIES

Passes, punch cards and more!



Buy your Recreation Play Pass today!

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

Recreation Center Fees

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

Daily Admission/Drop-In

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

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

Resident Rates

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

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

Nonresident Rates

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

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

Corporate Rates

	\$56	\$28	\$126	\$218.75
--	------	------	-------	----------

Rock your Recreation Play Pass!

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

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

Residency Qualifications

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

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

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



Paradise Island at Pioneer Park

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

HOURS:

May 27 – August 13
10 a.m. – 6 p.m., 7 days a week
Pool will be closed until Noon on Sunday, July 16
August 19 – August 27
10 a.m. – 6 p.m., Saturday and Sunday only
September 2, 3 & 4
10 a.m. – 6 p.m.

DAILY ADMISSION

For non-residents and residents who do not have a valid Recreation Play Pass.

	Child 0-2	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
Daily Admission	FREE	\$4.75	\$5.75	\$7	\$5.75

RESIDENT RATES

To receive resident rates, all guests age 3 and older must have a valid Recreation Play Pass. Refer to page 2 for Play Pass information.

	Child 0-2	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
Daily Admission*	FREE	\$2	\$3	\$4	\$3
10 Visit Card*	FREE	\$16	\$24	\$32	\$24
Individual Season Pass*	FREE	\$42	\$63	\$84	\$63
Family Season Pass*	Up to 4 people \$231, Each additional person is \$30				

* Available to Commerce City Residents Only (with Recreation Play Pass)

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

- **Weather Policy**
 - Refunds will not be granted in the event that the park closes due to inclement weather. This includes rain, lightning, tornado warnings, and any other weather concern that makes the park unsafe for guests.
- **Instructions from lifeguards and guest relations staff must be obeyed at all times**
 - Please be courteous. Foul language, fighting or abusive behavior will not be tolerated and will result in immediate ejection from the park.
- **Proper swim attire is required**
 - Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.
 - Personal safety devices must be removable and non-inflatable (Type III PFD Coast Guard Approved). Water wings, floatation suits, and swim trainers are not allowed.
- **Age and height requirements**
 - Children age 5 and younger must be accompanied in the water and within arm's reach by an adult age 18 or over.
 - Children between the ages of 6-11 must be actively supervised by a person age 16 or older.
 - Children age 12 and older may swim without adult supervision.
 - Children who are not toilet trained must wear swim diapers.
 - Guests must be 48" or taller to ride the slides.

Cabana Rentals	Resident	Nonresident
20 x 20 (up to 24 people)	\$60*	\$80*
16 x 16 (up to 12 people)	\$50*	\$70*

*Taxes not included

To reserve a Cabana, call:

- 303-289-3789 (April 3 – May 26)
- 303-289-3769 or 303-289-3789 (May 27 – Sept 3)

Paradise Island Pool Parties and Rentals

Reservations for parties and cabana rentals will be taken beginning April 3, 2017. Fees are for Cabana rentals only. Additional admission rates will apply.



SUMMER REGISTRATION

Sign up online, in person or by phone

How to Register

Registration for summer classes and programs begins April 3.

- 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 April 3. Internet reservations not available on a cell phone.

Code of Conduct

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

Non-Discrimination Policy

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

Personal Training Policy

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

Americans with Disabilities Act

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

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

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

Personal Release Statement

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

Photo Policy

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

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

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

Corporate Discounts

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

Scholarship Programs

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

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

Donations

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



SUMMER CLASSES PROVIDE A JUMP START TOWARDS FALL PERFORMANCE



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

Register early to take advantage of discounted class fees. Summer dance classes are technique classes and are not followed by a performance.

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*	6/5-8/14	5:30-6 p.m.
1001.201	by 5/30	\$45/\$55
	on 5/31	\$55/\$65

**No class 7/3*

Wed*	6/7-8/16	5:30-6 p.m.
1001.202	by 5/30	\$45/\$55
	on 5/31	\$55/\$65

**No class 7/5*

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*	6/5-8/14	6-6:45 p.m.
1101.201	by 5/30	\$53/\$63
	on 5/31	\$63/\$73

**No class 7/3*

Wed*	6/7-8/16	6-6:45 p.m.
1101.202	by 5/30	\$53/\$63
	on 5/31	\$63/\$73

**No class 7/5*

Thur*	6/8-8/17	6-6:45 p.m.
1101.203	by 5/30	\$53/\$63
	on 5/31	\$63/\$73

**No class 7/6*

Beginning, Ages 7-8

Wed*	6/7-8/16	6:45-7:45 p.m.
1101.204	by 5/30	\$58/\$68
	on 5/31	\$68/\$78

**No class 7/5*

Intermediate, by instructor invitation only

Mon*	6/5-8/14	6:45-7:30 p.m.
1121.201	by 5/30	\$53/\$63
	on 5/31	\$63/\$73

**No class 7/3*

Advanced, by instructor invitation only

Mon*	6/5-8/14	7:30-8:15 p.m.
1141.201	by 5/30	\$53/\$63
	on 5/31	\$63/\$73

**No class 7/3*



DARE TO DANCE

Class lineup offers something for all ages



Tap & Jazz, Ages 9-12

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

Wed*	6/7-8/16	7:45-8:45 p.m.
1131.201	by 5/30	\$58/\$68
	on 5/31	\$68/\$78

**No class 7/5*

Poms, Ages 8-15

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

Thur*	6/8-8/17	7-8 p.m.
1501.201	by 5/30	\$58/\$68
	on 5/31	\$68/\$78

**No class 7/6*

Lyrical Dance, ages 12 and older

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

Thur*	6/8-8/17	8-9 p.m.
1301.201	by 5/30	\$58/\$68
	on 5/31	\$68/\$78

**No class 7/6*

Hip Hop

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

Beginning, ages 7-10

Tue*	6/6-8/15	5:30-6:30 p.m.
1201.201	by 5/30	\$58/\$68
	on 5/31	\$68/\$78

**No class 7/4*

Intermediate, ages 11-16

Tue*	6/6-8/15	6:30-7:30 p.m.
1211.201	by 5/30	\$58/\$68
	on 5/31	\$68/\$78

**No class 7/4*

Advanced, by instructor invitation only

Tue*	6/6-8/15	7:30-8:30 p.m.
1321.201	by 5/30	\$58/\$68
	on 5/31	\$68/\$78

**No class 7/4*





HOMETOWN FAMILY FUN

Enjoy special events and programs for the whole family



10th Annual Fishing Frenzy Derby

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

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

Mom/Son Lego® Mania

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

Fri 5/12 5:30-8 p.m.
Commerce City Recreation Center
Ages 4 and older with parent or guardian
7001.105 \$10/\$12 per person

Father and Son Outdoor Adventure

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

Sat 5/6 9 a.m. – Noon
Commerce City Recreation Center
Ages 4 and older with parent or guardian
7001.103 \$10/\$12 per person

OTHER CITY EVENTS

Colorado Rapids

Commerce City is home to the Colorado Rapids. Check out the complete game schedule at coloradorapids.com/schedule.

Commerce City Heritage and Cultural Center

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

Mon-Thur 10 a.m.-2 p.m. or by appointment.

6505 E. 60th Ave., 303-288-2590

Memorial Day Parade

The 53rd annual Commerce City Memorial Day Parade provides an opportunity for patriotic Americans to come together and honor those who have sacrificed in service to the country. View route information at c3gov.com/parade.

Mon 5/29 10 a.m.

Reunion

Reunion Metro District

Visit reunionmetro.org for more information and a full schedule of events.

Red, White & Blue Festival

Sat 6/24 10 a.m.-1 p.m.

Neighborhood Outreaches

Bring your family to enjoy this Commerce City summer tradition. Enjoy free food and entertainment, while learning more about the city, local nonprofit organizations, and service providers. 6-8:30 p.m.

Thur 6/8 6-8:30 p.m.
Fronterra Park That Eighties Band (1980s Cover Band)

Thur 8/10 6-8:30 p.m.
Pioneer Park Swerve (Country & Classic Rock)

4th Fest

With one of the state's largest fireworks displays, inflatables and interactive games, live entertainment and a Colorado Rapids game. Commerce City knows how to throw a party for our nation's birthday. Tickets to the game (\$). More information at coloradorapids.com.

Tue 7/4 5-9 p.m. FREE
Dick's Sporting Goods Park

Commerce City's Cultural Council Concerts in the Park

Bring your picnic baskets and blankets for a free night of music.

Thursdays in July. 6-8 p.m. FREE

7/6 Pioneer Park
Band: Tunisia (Top 40)

7/13 Reunion, Southlawn
Band: So What Brothers (Cover Band)

7/20 Pioneer Park
Band: Rudy Grant (Country)

7/27 Reunion, Southlawn
Band: Buckstein (Country)

National Night Out Against Crime

Organize an event like a block party or cookout and meet local police officers!

Tue 8/1

Cine en el Parque

Bring your blanket, pack a picnic and watch family movies in the park this summer. Sponsored by El Comercio newspaper, the city and the police department.

Thur 8/4 Fairfax Park

Adams County Fair

Affordable family fun with a FREE kids zone every day. Friday, 8/4, is Kids Day (discounted carnival armbands), and Sunday, 8/6, is Dia de la Familia. adamscountyfair.com



8/2-8/6



COMMERCE CITY RECREATION CENTER DROP-IN GROUP FITNESS SCHEDULE



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

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

**All classes except those with an asterisk or highlight are included with a membership or punch card use.*

Group and aqua fitness classes are included with Annual, SilverSneakers, or monthly membership or 20-punch card.

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

20/20 Fitness

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

Beats by Iris

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

Cardio Kick, Core & More

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

Cycling

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

Cycle/Step

A varied workout incorporating step choreography, cycling, or resistance training exercises.

Fitness Boot Camp

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

Kickboxing/Strength Express

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

Low-Impact Step

A varied workout incorporating step choreography and resistance training.

Power Circuit

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

Senior Strength

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



SilverSneakers® Circuit

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



SilverSneakers® Classic

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



SilverSneakers® Yoga

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

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. Yoga is now included with memberships and daily drop in at no additional charge. Mats are limited, we encourage you to bring your own.

Zumba®

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

Zumba Sentao®

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



GEAR UP FOR SUMMER WITH PERSONAL TRAINING



Weight Room Orientation

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

Fitness Assessments

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

\$25/\$30

Body Composition

How much adipose tissue (fat) do you have in 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 the easy skinfold caliper technique.

Call 303-289-3762 to schedule a FREE assessment.

Fitness Consult

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

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

Personal Training

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

ONE-HOUR TRAINING FOR THE INDIVIDUAL

1 one-hour session*	\$35/\$40
3 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

Paperwork must be completed before personal training registration is allowed. Unused personal training sessions expire 6 months after purchase. Refunds are not provided due to session expiration.

Call 303-289-3762 for more information about any of these fitness services.



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



MIX IT UP WITH SPECIALITY FITNESS CLASSES



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

NEW Boot Camp in the Park

Join us outside for boot camp in the parks! Perform challenging body weight and cardio exercises to help sculpt your summer body and melt away the pounds. Come for the challenge and stay for the fun! All levels welcome. Pre-registration required. Ages 16 and older

Session 1

Sat 6/10-6/24 (3 weeks) 10:15-11:15 a.m.
3704.201 \$18/\$23
Fronterra Park, 10020 Joplin St.
(Meet at the South end of the park)

Session 2

Sat 7/8-7/22 (3 weeks) 10-11 a.m.
3705.201 \$18/\$23
Pioneer Park, 5950 Holly St. (Meet at basketball court #2)

Teen Weightlifting

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

Session 1 (one class)

Sat 5/20 10-11:30 a.m.
3113.101 \$15/\$20

Session 2 (one class)

Sat 8/5 10-11:30 a.m.
3111.201 \$15/\$20

Women on Weights

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

Session 1

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

Session 2

Sat 6/10-7/8 (5 weeks) 8:30-9:30 a.m.
3101.201 \$21/\$25

Session 3

Sat 7/22-8/19 (5 weeks) 8:30-9:30 a.m.
3102.201 \$21/\$25

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

Session 2

Tue/Thur 6/6-7/6 (5 weeks) 4:30-5:30 p.m.
**No class 7/4*
3701.201 \$50/\$60

Session 3

Tue/Thur 7/18-8/17 (5 weeks) 4:30-5:30 p.m.
3702.201 \$55/\$65

SENIOR FITNESS

Buffalo Run Golf Getaway

Enjoy a golf getaway at Buffalo Run in Commerce City. Take a swing on the driving range and enjoy lunch at the Bison Grill, featuring views of the 18th hole. No golf experience is required for this fun day trip. Fees include transportation, golf equipment, and unlimited range balls. Lunch expenses are on your own at the grill. Limited to 10 participants and advanced registration is required.

Wed 6/28 Noon-3 p.m.
3000.201 \$6/\$10

Nature Hike

Get outside and explore new scenery. Travel by van with the recreation center for an afternoon of light hiking at regional parks. Please pack a sack lunch to enjoy at the end of the hike. Hike locations are tentative and may change due to weather or other unforeseen circumstances. Preregistration is required.

Fri 7/21 10 a.m.-2 p.m.
3022.201 \$4/\$5 Mt. Falcon Park in Morrison

Fri 8/18 10 a.m.-2 p.m.
3023.201 \$4/\$5 Alderfer and Three Sisters Park in Evergreen



MAKE YOUR MOVE

Beginning level classes focus on movement



Registration for parent-taught and pre-gymnastics starts April 3.

Parent-Taught

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

Tue	5/16-6/20	9:30-10:15 a.m.
2101.201	by 5/8 on 5/9	\$21/\$31 \$31/\$41
Sat	5/20-6/24	9-9:45 a.m.
2101.202	by 5/8 on 5/9	\$21/\$31 \$31/\$41
Tue	7/11-8/15	9:30-10:15 a.m.
2102.201	by 7/3 on 7/4	\$21/\$31 \$31/\$41
Sat	7/15-8/19	9-9:45 a.m.
2102.202	by 7/3 on 7/4	\$21/\$31 \$31/\$41

Pre-Gymnastics

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

Tue	5/16-6/20	10:30-11:15 a.m.
2201.201	by 5/8 on 5/9	\$21/\$31 \$31/\$41
Sat	5/20-6/24	10-10:45 a.m.
2201.202	by 5/8 on 5/9	\$21/\$31 \$31/\$41
Sat	5/20-6/24	11-11:45 a.m.
2201.203	by 5/8 on 5/9	\$21/\$31 \$31/\$41
Tue	7/11-8/15	10:30-11:15 a.m.
2202.201	by 7/3 on 7/4	\$21/\$31 \$31/\$41
Sat	7/15-8/19	10-10:45 a.m.
2202.202	by 7/3 on 7/4	\$21/\$31 \$31/\$41
Sat	7/15-8/19	11-11:45 a.m.
2202.203	by 7/3 on 7/4	\$21/\$31 \$31/\$41

Beginning Gymnastics

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

Mon*	5/15-6/19	4:30-5:30 p.m.
2301.201	by 5/8 on 5/9	\$21/\$31 \$31/\$41
Mon*	5/15-6/19	5:30-6:30 p.m.
2301.202	by 5/8 on 5/9	\$21/\$31 \$31/\$41
Wed	5/17-6/21	4:30-5:30 p.m.
2301.203	by 5/8 on 5/9	\$25/\$35 \$35/\$45
Wed	5/17-6/21	6:30-7:30 p.m.
2301.204	by 5/8 on 5/9	\$25/\$35 \$35/\$45
Wed	5/17-6/21	7:30-8:30 p.m.
2301.206	by 5/8 on 5/9	\$25/\$35 \$35/\$45
Sat	5/20-6/24	Noon-1 p.m.
2301.205	by 5/8 on 5/9	\$25/\$35 \$35/\$45
Mon	7/10-8/14	4:30-5:30 p.m.
2302.201	by 7/3 on 7/4	\$25/\$35 \$35/\$45
Mon	7/10-8/14	5:30-6:30 p.m.
2302.202	by 7/3 on 7/4	\$25/\$35 \$35/\$45
Wed	7/12-8/16	4:30-5:30 p.m.
2302.203	by 7/3 on 7/4	\$25/\$35 \$35/\$45
Wed	7/12-8/16	6:30-7:30 p.m.
2302.204	by 7/3 on 7/4	\$25/\$35 \$35/\$45
Wed	7/12-8/16	7:30-8:30 p.m.
2302.206	by 7/3 on 7/4	\$25/\$35 \$35/\$45
Sat	7/15-8/19	Noon-1 p.m.
2302.205	by 7/3 on 7/4	\$25/\$35 \$35/\$45

*No class 5/29



Advanced Beginning Gymnastics

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

Mon* 5/15-6/19 4:30-5:30 p.m.
2311.204 by 5/8 \$21/\$31
on 5/9 \$31/\$41

Mon* 5/15-6/19 6:30-7:30 p.m.
2311.201 by 5/8 \$21/\$31
on 5/9 \$31/\$41

Wed 5/17-6/21 5:30-6:30 p.m.
2311.203 by 5/8 \$25/\$35
on 5/9 \$35/\$45

Sat 5/20-6/24 Noon-1 p.m.
2311.202 by 5/8 \$25/\$35
on 5/9 \$35/\$45

Mon 7/10-8/14 4:30-5:30 p.m.
2312.204 by 7/3 \$25/\$35
on 7/4 \$35/\$45

Mon 7/10-8/14 6:30-7:30 p.m.
2312.201 by 7/3 \$25/\$35
on 7/4 \$35/\$45

Wed 7/12-8/16 5:30-6:30 p.m.
2312.203 by 7/3 \$25/\$35
on 7/4 \$35/\$45

Sat 7/15-8/19 Noon-1 p.m.
2312.202 by 7/3 \$25/\$35
on 7/4 \$35/\$45

**No class 5/29*

Intermediate Gymnastics

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

Mon* 5/15-6/19 6-7:30 p.m.
2321.201 by 5/8 \$23/\$33
on 5/9 \$33/\$43

Wed 5/17-6/21 6-7:30 p.m.
2321.202 by 5/8 \$28/\$38
on 5/9 \$38/\$48

Mon 7/10-8/14 6-7:30 p.m.
2322.201 by 7/3 \$28/\$38
on 7/4 \$38/\$48

Wed 7/12-8/16 6-7:30 p.m.
2322.202 by 7/3 \$28/\$38
on 7/4 \$38/\$48

**No class 5/29*

What to wear and lesson information

Clothing

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

Private lessons

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

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

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

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

Early registration for beginning, advanced beginning and intermediate class levels starts **May 1 for residents and May 3 for nonresidents for session 1, ending on May 8**. Starting May 9, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Session 2 early registration opens **June 26 for residents and June 28 for nonresidents, ending on July 3**. Starting on July 4, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Please register early to secure your spot and enjoy the discounted class rates.



CARA TEAMS OFFER CHANCE TO COMPETE IN GYMNASTICS



Registration for all CARA team level programs start **April 3**. There is an additional \$10 charge to register for classes within one week of the start date. To enjoy the fees listed below, register early.

CARA Girls Gymnastics Team Level 2

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

Tue	5/2-5/30	5:30-7:30 p.m.
2441.201	by 4/26	\$37/\$47
(5 weeks)	on 4/27	\$47/\$57
Thu	5/4-5/25	5:30-7:30 p.m.
2441.202	by 4/28	\$30/\$40
(4 weeks)	on 4/29	\$40/\$50
Tue	6/6-6/27	5:30-7:30 p.m.
2442.201	by 5/31	\$30/\$40
(4 weeks)	on 6/1	\$40/\$50
Thu	6/1-6/29	5:30-7:30 p.m.
2442.202	by 5/26	\$37/\$47
(5 weeks)	on 5/27	\$47/\$57
Tue	7/11-7/25	5:30-7:30 p.m.
2443.201	by 7/5	\$23/\$33
(3 weeks)	on 7/6	\$33/\$43
Thu	7/6-7/27	5:30-7:30 p.m.
2443.202	by 6/30	\$30/\$40
(4 weeks)	on 7/1	\$40/\$50

CARA Girls Gymnastics Team Compulsory Level 3 and 4

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

Tue/Thu	5/2-5/30	5:30-7:30 p.m.
2401.201	by 4/26	\$87/\$97
	on 4/27	\$97/\$107
Tue/Thu	6/1-6/29	5:30-7:30 p.m.
2402.201	by 5/26	\$87/\$97
	on 5/27	\$97/\$107
Tue/Thu	7/6-7/27	5:30-7:30 p.m.
2403.201	by 6/30	\$70/\$80
	on 7/1	\$80/\$90

CARA Girls Gymnastics Team Optional Levels

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

Tue/Thu	5/2-5/30	7:15-9:15 p.m.
2411.201	by 4/26	\$87/\$97
	on 4/27	\$97/\$107
Tue/Thu	6/1-6/29	7:15-9:15 p.m.
2412.201	by 5/26	\$87/\$97
	on 5/27	\$97/\$107
Tue/Thu	7/6-7/27	7:15-9:15 p.m.
2413.201	by 6/30	\$70/\$80
	on 7/1	\$80/\$90

CARA Girls Gymnastics Team Elective Practice

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

Level 3 and 4

Fri	5/5-5/26	5:30-7:30 p.m.
2421.201	by 4/29	\$40/\$50
	on 4/30	\$50/\$60
Fri	6/2-6/30	5:30-7:30 p.m.
2422.201	by 5/27	\$50/\$60
	on 5/28	\$60/\$70

Optional Levels

Fri	5/5-5/26	7:15-9:15 p.m.
2431.201	by 4/29	\$40/\$50
	on 4/30	\$50/\$60
Fri	6/2-6/30	7:15-9:15 p.m.
2432.201	by 5/27	\$50/\$60
	on 5/28	\$60/\$70



STAY FOCUSED WITH MARTIAL ARTS

Reduce stress, increase productivity,
and build self-confidence



Taekwondo

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

Session 1 (7 weeks)

Tue	5/2-6/13	6:30-8 p.m.
1051.201	by 4/26	\$37/\$41
	on 4/27	\$47/\$51
Tue/Thur	5/2-6/15	6:30-8 p.m.
1051.202	by 4/26	\$69/\$73
	on 4/27	\$79/\$83
Thur	5/4-6/15	6:30-8 p.m.
1051.203	by 4/28	\$37/\$41
	on 4/29	\$47/\$51

Session 2 (6 weeks)

Tue	7/11-8/15	6:30-8 p.m.
1052.201	by 7/5	\$32/\$36
	on 7/6	\$42/\$46
Tue/Thur	7/11-8/17	6:30-8 p.m.
1052.202	by 7/5	\$60/\$64
	on 7/6	\$70/\$74
Thur	7/13-8/17	6:30-8 p.m.
1052.203	by 7/7	\$32/\$36
	on 7/8	\$42/\$46

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





THE NEXT CHAPTER

Information and educational programs



NEW Square Dancing Lessons

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

Tue	5/2	10-11:30 a.m.
Tue	5/9	10-11:30 a.m.
Tue	5/16	10-11:30 a.m.
Tue	5/23	10-11:30 a.m.
8101.201	\$24/\$26 (Includes 4 classes)	

Nature Hike

Get outside and explore new scenery. Travel by van with the recreation center for an afternoon of light hiking at regional parks. Please pack a sack lunch to enjoy at the end of the hike. Hike locations are tentative and may change due to weather or other unforeseen circumstances. Preregistration is required.

Fri	7/21	10 a.m.-2 p.m.
3022.201	\$4/\$5	Mt. Falcon Park in Morrison
Fri	8/18	10 a.m.-2 p.m.
3023.201	\$4/\$5	Alderfer and Three Sisters Park in Evergreen

Fighting the Dust

At times, cleaning your house or apartment can feel like a Herculean task. Loretta Trujillo, program manager for the Chores program with the Senior Resource Center will share her cleaning secrets and present on the housekeeping services she offers, ranging from simple tidying up to de-cluttering.

Fri	5/5	10:30-11:30 a.m.
4701.201	\$2/3	

Healthy Living for Your Body and Brain

This presentation put on by the Alzheimer's Association will give you insights on how to optimize your physical and cognitive health as you age.

Wed	5/17	10-11:30 a.m.
4701.206	FREE	

Sugar Sabotage

Sugar is everywhere! Did you know there are numerous hidden sources of sugar that sabotage your diet? Have you ever wondered why your weight is going up even though you are eating healthy products? Join this discussion and explore the effects of sugar on the body and learn just how much sugar is in our everyday diet. Preregistration is required.

Wed	5/31	10-11 a.m.
3906.201	FREE	

MEET MIKE OLIVIERI, SQUARE DANCE INSTRUCTOR

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



Audio Information Network of Colorado

Do you or your loved ones have difficulty reading? Many people know about audio books but are unaware that other types of publications are also available in audio format. The Audio Information Network of Colorado (AINC) provides free access to magazines, grocery ads, calendar of events, public service announcements and nearly 100 Colorado newspapers.

Fri	6/2	10 a.m.-Noon
4701.203	\$2/3	

International Hearing Dog, Inc.

We have all heard of seeing-eye dogs, but how many have seen a hearing dog? Hearing dogs help those who are deaf or hard of hearing and are trained in the art of sign language and in some cases, a foreign language. Meet Cami and watch demonstrations of the various training the dogs go through and how they work in real-life situations.

Wed	7/12	10 a.m.-Noon
4701.204	\$2/3	

Top 5 Scams in Colorado

Learn techniques from the AARP Foundation's ElderWatch to protect yourself against the top scams targeting seniors. Learn how to navigate questionable requests for money and other tips.

Wed	8/2	10-11:30 a.m.
4701.205	\$2/3	

AARP Driver Safety class

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 and \$20 for non-members. Payment is due the day of class and preregistration is required so we can accurately prepare class materials.

Thur	8/3	8:30 a.m.-12:30 p.m.
4701.202	\$15 for AARP and \$20 for non-members	

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



SUMMER OF ENTERTAINMENT

All special events take place at the Older Adult/Senior Center



32nd Annual Pancake Breakfast

Rise and dine to delicious pancakes and sausage at the annual pancake breakfast. Proceeds go to the Goodfriends Scholarship program and special interest groups like the Quilting and Sewing club, as well as other drop-in groups. Bring the whole family for this kid friendly event, featuring a craft corner and bouncy castle. Buy your tickets in advance at the Commerce City Senior Center or purchase online at c3gov.com/register using code 4601.208.

Sat 5/6 in advance 7-10 a.m.
\$4 per person or \$5 at the door

Dominos Tournament

Bring on the dominos! All skill levels are welcome to compete in a fun afternoon of dominos played in the chicken foot format. The top finishers receive prizes and fun is had by all. Refreshments provided.

Thur 6/15 Noon 4601.204 \$5/\$6

Evening Movie: "Hacksaw Ridge"

Join us at the Commerce City Recreation center as we transform an activity room into a theater for a very special movie viewing. The film will be projected onto a large screen and we will have traditional movie theater snacks like popcorn, soda, licorice and thin mints.

Wed 6/21 6-8 p.m.
4601.203 \$4/\$5

Buffalo Run Golf Getaway

Enjoy a golf getaway at Buffalo Run in Commerce City. Take a swing on the driving range and enjoy lunch at the Bison Grill, featuring views of the 18th hole. No golf experience is required for this fun day trip. Fees include transportation, golf equipment, and a bucket of range balls. Lunch expenses are on your own at the grill. Limited to 10 participants and advanced registration is required.

Wed 6/28 Noon-3 p.m. 3000.201 \$6/\$8

4th of July BBQ

Enjoy a traditional "all American" BBQ to celebrate our nation's birthday. Wear your red, white and blue and get ready to have a blast. Brush up on your American history for our trivia contest. This event is held at Veterans Memorial Park, located on the east side of the Commerce City Recreation Center.

Mon 7/3 11 a.m.-12:30 p.m.
4601.202 \$7/\$9

Taco Salad Day

Enjoy a delicious taco salad, rolls and dessert while supporting the Goodfriends Scholarship program. Join us in the senior center for this event. Get your meal to go by calling 303-289-3756.

Tue 8/15 11 a.m.-1 p.m. \$3.50 at the door

VIP Event

Did you participate in at least 12 trips with the Commerce City Senior Center between January 1-June 30, 2017? If so, we want to celebrate you! There is no cost for this event, but make sure you have participated in at least 12 trips during the first half of 2017 and pre-register for this event using code 4601.206. Qualified participants receive a \$15 gift certificate to future trips.

Tue 7/25 11 a.m.-1 p.m.
4601.206 FREE

Birthday Lunch

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

Tue 5/16* Noon 4201.201 \$7/\$9
Tue 6/20 Noon 4201.202 \$7/\$9
Tue 7/18** Noon 4201.203 \$7/\$9

*Enjoy a special presentation from the line dance class!

**Enjoy dance music from the 1930s-1960s from Sandy Moffett.

DROP-IN FOR FREE AND FUN ACTIVITIES

Drop-in to the older adult/senior center for board games, cards, jigsaw puzzles, conversation and other fun programming. You can also browse the lending library. Donations of used books, CDs, DVDs and jigsaw puzzles are welcome.

Activity	Day	Time
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.
NEW! 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.



INFORMATION, OPPORTUNITIES AND SERVICES FOR OLDER ADULTS



Older Adult/Senior Center

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

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

Life Isn't Easy

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

(5/1, 5/15, 6/5, 6/19, 7/3, 7/17, 8/7)
10-11:30 a.m. FREE

Recognition of the Sick

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

Questions about Medicare/Medicaid

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

Technology is Hard

Visit with the older adult/senior center's "tech geek." Steve Latham, resources specialist for Commerce City, assists people with questions about their technology every second and fourth Wednesday of the month from 9-11 a.m. Whether it is simple questions regarding your cell phone (like how to make a phone call), or more technical (like configuring your laptop or synching up Bluetooth), the resident "tech geek" will attempt to answer your questions. Make an appointment by calling Steve Latham at 303-289-8108.

Transportation

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

Health Services

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

Have some free time? Volunteer for senior services!

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

YOU HAVE A VOICE IN OLDER ADULT PROGRAMS

Senior Advisory Committees

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



On the Move Newsletter

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

Goodfriends Scholarship Program

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



TRAVEL ON A DAY TRIP

Let us take care of the driving!



Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
MAY							
5/4	Thur	4401.201	Shop Around Town (Craft) <i>Find inspiration for your next project at local craft stores.</i>	Denver area	2	9 a.m.-4 p.m.	\$6/\$7
5/8	Mon	4501.218	Lunch & Movie <i>Enjoy the latest Hollywood blockbuster and lunch with friends.</i>	Denver	1	10:30 a.m.-5 p.m.	\$6/\$7
5/11	Thur	4501.201	Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$9/\$10
5/12	Fri	4501.220	NEW! Diners, Drive-ins and Dives <i>Watch an episode of this popular Food Network TV show, then travel to Prohibition in Denver.</i>	Denver Metro area	1	10:30 a.m.-3 p.m.	\$6/\$7
5/18	Thur	4501.223	Candlelight Dinner Playhouse "42nd Street" <i>Enjoy dinner and a live show, the musical comedy classic "42nd Street." Registration deadline 5/4.</i>	Johnstown	2	4:45-11 p.m.	\$58/\$59
5/19	Fri	4501.209	Gone Fishing <i>Enjoy a day at the lake! Must bring a fishing license, fishing supplies, chair and a prepared potluck dish to feed six.</i>	T.B.A.	3	8:30 a.m.-5 p.m.	\$5/\$6
5/20	Sat	4501.224	17th Annual Indian Market & Powwow <i>Enjoy art, culture and performance from over 50 dancers at Colorado's largest American Indian art show.</i>	Boulder	3	9:15 a.m.-2 p.m.	\$6/\$7
5/22	Mon	4501.205	Dinner Out "Las Delicias" <i>Enjoy some of Denver's best authentic Mexican food at Las Delicias, a local institution for more than 40 years.</i>	Denver	1	4:30 p.m.-8 p.m.	\$6/\$7
5/25	Thur	4501.225	Longhope's Donkey Rescue <i>Back by popular demand! Take a guided tour of this donkey rescue facility and interact with the animals.</i>	Bennett	3	9 a.m.-2 p.m.	\$19/\$20
5/27	Sat	4501.226	Denver Brass Band honors Memorial Day <i>Enjoy music & stories at the Colorado Freedom Memorial. Pack a sack lunch, water, and sunscreen for this outside event.</i>	Aurora	3	9:30 a.m.-5 p.m.	\$6/\$7
5/28	Sun	4501.215	Colorado Rockies VS St. Louis Cardinals <i>Cheer on the Rockies from shaded seats with easy access.</i>	Denver	3	Noon-5 p.m.	\$20/\$21
JUNE							
6/1	Thur	4401.202	Shop Around Town (Thrift) <i>Hunt for bargains at local thrift stores.</i>	Denver	2	9 a.m.-4 p.m.	\$6/\$7
6/7	Wed	4501.213	Gambling at Bronco Billy's <i>Bring your spending money and enjoy the views on the way to Cripple Creek. Note: high altitude.</i>	Cripple Creek	3	8 a.m.-7 p.m.	\$7/\$8
6/9	Fri	4501.221	NEW! Diners, Drive-in & Dives <i>Watch an episode of this popular Food Network TV show, then travel to Highlands Tavern in Denver.</i>	Denver Metro Area	1	10:30 a.m.-3 p.m.	\$6/\$7
6/10	Sat	4501.227	Vintage Aero Flying Museum Open House <i>View historic war memorabilia and planes, as well as classic vehicles from the Model A and BMW car clubs. Bring \$5 and enjoy a lunch of hotdog, chips and a drink. Please note, there may be multiple levels of stairs to climb.</i>	Denver	3	9:15 a.m.-2 p.m.	\$6/\$7
6/13	Tue	4501.202	Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$9/\$10
6/14	Wed	4501.210	Gone Fishing <i>Enjoy a day at the lake! Must bring a fishing license, fishing supplies, chair and a prepared potluck dish to feed six.</i>	T.B.A.	3	8:30 a.m.-5 p.m.	\$5/\$6
6/16	Fri	4501.228	Tour & Tea at Humphrey History Park & Museum <i>Enjoy a tour of this historic ranch and home, followed by afternoon tea.</i>	Evergreen	3	9 a.m.-4 p.m.	\$7/\$8
6/17	Sat	4501.229	Denver Greek Festival <i>Opa! Enjoy live traditional Greek dancing and music, homemade food and pastries, and authentic Greek merchandise.</i>	Denver	3	10:30 a.m.-4 p.m.	\$9/\$10
6/22	Thur	4501.216	Colorado Rockies VS Arizona Diamondbacks <i>Cheer on the Rockies from shaded seats with easy access.</i>	Denver	3	Noon-5 p.m.	\$20/\$21
6/23	Fri	4501.230	International Cuisine Series Royal Nepal II <i>Enjoy an authentic taste of Nepal at Commerce City's newest restaurant.</i>	Boulder	1	10:45 a.m.-2 p.m.	\$7/\$8
6/25	Sun	4501.231	Cherry Blossom Festival <i>Celebrate Japanese culture with entertainment, Asian cuisine, art, fashion and more at this popular festival.</i>	Denver	3	10 a.m.-3 p.m.	\$6/\$7

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
6/26	Mon	4501.206	Dinner Out "The Rusty Bucket" <i>Enjoy a casual lunch in this tavern serving comfort-food favorites.</i>	Thornton	1	4:30-8 p.m.	\$6/\$7
6/29	Thur	4501.232	Mystery Trip <i>Shhh, it's a secret! A surprise trip with staff awaits you. Sign up early!</i>	T.B.D.	3	9 a.m.-5 p.m.	\$10/11
JULY							
7/6	Thur	4401.203	Shop Around Town (Craft) <i>Find inspiration for your next project at local craft stores.</i>	Denver Area	2	9 a.m.-4 p.m.	\$6/\$7
7/8	Sat	4501.233	NEW! 38th Annual Summerfest <i>Enjoy live music, special performances and view works from over 100 artists from all over the country.</i>	Evergreen	3	9 a.m.-3 p.m.	\$7/\$8
7/13	Thur	4501.203	Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$9/\$10
7/14	Fri	4501.222	Diners, Drive-in & Dives <i>Watch an episode of this popular Food Network TV show, then travel to Lauer Krauts in Brighton.</i>	Denver Metro Area	1	10:30 a.m.-3 p.m.	\$6/\$7
7/15	Sat	4501.234	NEW! Lavender Festival at Chatfield <i>Experience the new Lavender Garden with live music, food, drinks and lavender-infused products from local artisans.</i>	Denver	3	9 a.m.-2 p.m.	\$6/\$7
7/19	Wed	4501.217	Colorado Rockies VS San Diego Padres <i>Cheer on the Rockies from shades seats with easy access.</i>	Denver	3	Noon-5 p.m.	\$20/\$21
7/20	Thur	4501.211	Gone Fishing <i>Enjoy a day at the lake! Must bring a fishing license, fishing supplies, chair and a prepared potluck dish to feed six.</i>	T.B.A.	3	8:30 a.m.-5 p.m.	\$5/\$6
7/22	Sat	4501.235	Central City Opera Presents "Carmen" <i>Watch this opera favorite in an intimate historic venue. Get your tickets early! Limited ADA seating is available.</i>	Central City	3	1-7 p.m.	\$65/\$66
7/24	Mon	4501.207	Dinner Out "Romano's Macaroni Grill" <i>Enjoy classic Italian dishes made with imported Italian ingredients.</i>	Westminster	1	4:30-8 p.m.	\$6/\$7
7/27	Thur	4501.236	Leadville Train <i>Back by request! See incredible views of the Rocky Mountains. Bring a jacket. Note: high altitude location</i>	Leadville	3	8 a.m.-8 p.m.	\$40/\$41
AUGUST							
8/2	Wed	4501.214	Gambling at The Century <i>Bring your spending money and enjoy the mountain views on the way to Central City.</i>	Central City	3	9 a.m.-3 p.m.	\$6/\$7
8/3	Thur	4401.204	Shop Around Town (Outlet) <i>Find great deals at local outlet stores.</i>	Denver Area	2	9 a.m.-4 p.m.	\$6/\$7
8/4	Fri	4501.237	Betty Ford Alpine Gardens Vail <i>Back by request! View the world's highest botanical garden. Please be aware of the high altitude location.</i>	Vail	2	9 a.m.-7 p.m.	\$7/\$8
8/8	Tue	4501.204	Indian Springs Hot Springs <i>Relax at the natural hot springs. Admission is in addition to trip fee.</i>	Idaho Springs	3	8:30 a.m.-3 p.m.	\$9/\$10
8/9	Wed	4501.238	Trader Joe's <i>Shop for amazing food and drink from around the globe and around the corner at this popular grocery store.</i>	Denver	2	9 a.m.-2 p.m.	\$6/\$7
8/11	Fri	4501.239	Dragon Man's Military Museum <i>Visit this outdoorsman's hub with paintball ranges, a motorbike racetrack and military history museum.</i>	Colorado Springs	2	9 a.m.-6 p.m.	\$15/\$16
8/14	Mon	4501.208	Dinner Out "Mimi's Cafe" <i>Enjoy American and French comfort foods in a New Orleans decorated setting.</i>	Aurora	1	4:30-8 p.m.	\$6/\$7
8/16	Wed	4501.219	Lunch & Movie <i>Enjoy the latest Hollywood blockbuster and lunch with friends.</i>	Denver	1	10:30 a.m.-5 p.m.	\$6/\$7
8/17	Thur	4501.212	Gone Fishing <i>Enjoy a day at the lake! Must bring a fishing license, fishing supplies, chair and a prepared potluck dish to feed six.</i>	T.B.A.	3	8:30 a.m.-5 p.m.	\$5/\$6



DISCOVER A HOBBY

Special interest classes develop and perfect unique skills



Hunter Education

Earn a hunter's education card in a three easy steps. Step 1: complete online course work. Approved online courses include: HunterEdCourse.com (\$13), Hunter-ed.com (\$24.50), or Huntercourse.com (\$24.95). Print results with the correct answers and bring to class. Step 2: Attend this one day class as part of the Colorado Parks and Wildlife (CPW) Hunter Safety Program. A certified instructor 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 and from the range. Be sure to bring a lunch.

Ages 8 and older

Sat 7/22
8001.201 \$10

9 a.m. – Noon Commerce City Recreation Center
1-3 p.m. CPW Shooting Range, 6060 Broadway

Sat 8/12
8002.201 \$10

9 a.m. – Noon Commerce City Recreation Center
1-3 p.m. CPW Shooting Range, 6060 Broadway

Line Dance

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

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

Ceramics Lab

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

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

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

Adult Guitar

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

Sat 5/13-6/17 1:15-2 p.m.
8201.201 \$32/\$37

Sat 7/8-8/12 1:15-2 p.m.
8202.201 \$32/\$37

Guitar Heroes Beginner

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

Sat 5/13-6/17 10:15-11 a.m.
8211.201 \$32/\$37

Sat 7/8-8/12 10:15-11 a.m.
8212.201 \$32/\$37

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!



Guitar Heroes Intermediate

This class expands on the basics learned in Beginner 1, but allows the teacher further instruction as the students prepare for the next level. Ages 8-15

Sat 5/13-6/17 11:15 a.m.-Noon
8221.201 \$32/\$37

Sat 7/8-8/12 11:15 a.m.-Noon
8222.201 \$32/\$37

Guitar Heroes Advanced

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

Sat 5/13-6/17 12:15-1 p.m.
8231.201 \$32/\$37

Sat 7/8-8/12 12:15-1 p.m.
8232.201 \$32/\$37



PLAY BALL THIS SUMMER

Youth Baseball (Ages 5-14)



Registration:

Residents: 4/3-5/1

Nonresidents: 4/10-5/1

T-ball

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

Ages: 5-6 years as of 6/1/17

Fee: Before 5/1 \$45/\$54 After 5/1 \$55/\$64

Coach Pitch

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

Ages: 7-8 years as of 6/1/17

Fee: Before 5/1 \$50/\$60 After 5/1 \$60/\$70

Pee Wee

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

Ages: 9-10 years as of 6/1/17

Fee: Before 5/1 \$55/\$66 After 5/1 \$65/\$76

Umps, We Need You!

Are you an umpire? Do you want to be an umpire?

Commerce City is now looking for umpires for the upcoming summer baseball season. Games are Monday through Friday evening's beginning in early June and going through the end of July. A free clinic will be held prior to the season; this training is intended for everyone including those getting behind the plate for the first time all the way to the experienced umpire. It will cover rules, mechanics, techniques, policies and procedures. Lecture and field techniques will also be included in the instruction. Call Josh Polgar for dates and times at 303-289-3705.

Junior Division

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

Ages: 11-12 years as of 6/1/17

Fee: Before 5/1 \$60/\$72 After 5/1 \$70/\$82

Senior Division

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

Ages: 13-14 years as of 6/1/17

Fee: Before 5/1 \$65/\$78 After 5/1 \$75/\$88

Practice starts: Week of 5/15

Games begin: Week of 6/5



Colorado Rockies Skills Challenge

The Colorado Rockies Skills Challenge is a baseball competition that allows youth to showcase their talents in base running, batting and throwing. Scores will be based on speed, distance and accuracy. Top scores from each age group will advance to a sectional competition. Top sectional scores from each age group will advance to the state championship held at Coors Field, home of the Colorado Rockies. Registration will be held the day of the event, please arrive 30 minutes prior to start time. No registrations will be taken after the start of the competition. FREE

Ages: 6-13 years (age of 12/31/17)

Day: Sat 6/10

Location: Field #1 at Fairfax Park in Commerce City

Times: 6-7 years and 8-9 years • 9 a.m.

10-11 years & 12-13 years • 10:30 a.m.

For additional information contact Josh Polgar, youth sports coordinator at 303-289-3705.



SUMMER CAMP SERIES

Elevate your game!



Archery (Beginner/Intermediate)

Participants 8 years and older learn about range safety, proper archery shooting techniques and target practice in a fun and safe environment. This is a great class for individuals or families to enjoy. The class is designed for newcomers to the sport as well as experienced archers. All equipment is provided, however students may bring their own upon inspection by the instructor. Instructor Mike Holzer, Level 4 Archery Regional Coach, National Training System Certified. Archery Class is held at the Municipal Services Center, 8602 Rosemary St.

Ages 8 years and older

\$25/\$30 (per session) 1-3 p.m.

Session 1: 6/14

Session 2: 7/12

Session 3: 8/16

Volleyball Development Camp

This fun and challenging camp will develop the basic fundamentals of volleyball, while focusing on teamwork and individual skill development. This three-day mini-camp is directed by Rosie Calderon and staff, former high school and club coach. Each player receives a camp T-shirt. Camp is at the Commerce City Recreation Center. Registration Deadline: 7/7

\$50/\$60

Grades 3-5: 7/17-7/19 9:30 a.m. - Noon

Grades 6-8: 7/17-7/19 1-3:30 p.m.

Lacrosse Skills Camp

Develop the fundamentals of lacrosse during this three-day mini-camp directed by Bill Lewandowski, a former collegiate athlete and coach at the University of Georgia. All participants receive a camp T-shirt. Camp is located at the Municipal Services Center Fields in Commerce City. Registration Deadline: 7/14

\$50/\$60

Ages 8-14 (Coed): 7/24-7/26 6-8 p.m.

Basketball Shooting Camp

Develop proper shooting techniques and the fundamentals of basketball during this three-day mini-camp directed by Tim Jones, former college athlete and director of Above and Beyond Basketball. Coach Jones and his staff will work with campers on speed and agility, shooting, footwork, ball handling, and defensive skills. All participants receive a camp T-shirt. Camp is located at the Commerce City Recreation Center. Registration Deadline: 7/14

\$50/\$60

Grades 3-5: 7/24-7/26 9:30 a.m. - Noon

Grades 6-8: 7/24-7/26 1-3:30 p.m.

Challenger British Soccer Camp

The largest soccer camp in the US and Canada is coming to Commerce City. The camp is designed for both boys and girls ages 3-16. The camp will run from July 10-14 at the Municipal Services Center Fields in Commerce City. A free jersey and ball will be given out to all participants who register by May 26. Sign up online at www.challengersports.com or complete an application at the Commerce City recreation center. Don't miss this opportunity to learn from some of the world's best.

Ages 3-4: First Kicks 8-8:45 a.m. \$102

Ages 5-16: Half-day 9 a.m.-Noon \$155

Ages 5-16: Golden Goal Camp 1-3 p.m. \$60

For additional information about any of the summer sports camps, contact Josh Polgar at 303-289-3705.





LOCAL ORGANIZATIONS



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

Commerce City Youth Athletics (CCYA)

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

Raiders Tackle Football (fall)

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

Boys and Girls Basketball (winter)

Grades 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

Girls Softball (spring)

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

Athletics Competitive Baseball

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

Adams City Wrestling Club

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

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

American Eagle Soccer Club (formerly Azteca)

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

For more information call:
English: 720-451-0636
Spanish: 303-419-3256
Email: Luis1018@icloud.com

Rocky Mountain ThunderHawks Football Association (fall)

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

Director: Brian Carfield at 720-427-1515 or email
www.rmthunderhawks.org

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.

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



INFO TO KNOW



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

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.

Batting cages

Fine-tune your swing. Ideal for team and individual practice, tournaments, birthday parties, etc. For more information, call 303-289-3763 or 303-289-3789.

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

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

Fee: \$1.25 for 15 pitches

- \$15 – punch card good for 15 tokens
- \$20 per half-hour (one stall)
- \$35 per hour (one stall)

Spring hours, 4/1-5/26

Mon–Fri, 4-8 p.m. • Sat–Sun, Noon-5 p.m.

Summer hours, 5/27-8/6

Mon–Fri, 3-8:30 p.m. • Sat–Sun, Noon-8 p.m.

Fall hours, 8/7-10/8

Mon–Fri, 4-8 p.m. • Sat–Sun, Noon-5 p.m.

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

Make a difference and coach youth sports



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

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

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

Registration Information

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

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

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

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



SUMMER SPORTS LEAGUES



Adult Sports Leagues

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

Individual Players List

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

Coed Summer Softball League

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

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

Men's Summer Softball League

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

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

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

Coed Fall Softball League

Get a team together for adult coed softball, beginning in August. Teams are made up of five men and five women. A team representative must attend the league meeting, 5 p.m. Tuesday, July 25, at the Commerce City Recreation Center. Games will be played at Pioneer Park.

Wed 8/9-10/11
D-Rec \$470/\$500 (10 Games)

Men's Fall Softball League

Join the fun of men's evening softball, beginning in August. A team representative must attend the league meeting at 6 p.m. Tuesday, July 25, at the Commerce City Recreation Center. Games will be played at Pioneer Park.

Tue 8/8-10/10 D-Rec \$470/\$500 (10 Games)
Thur 8/10-10/12 Industrial \$470/\$500 (10 Games)

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

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).

Tennis Courts

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

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

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

Safety equipment

Helmets are mandatory for fast-pitch softball and baseball. Bats and helmets are available at the control stand.



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, flotation 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.

**SEE PAGE 3 FOR MORE
INFORMATION ON
THE CITY'S OUTDOOR
LEISURE POOL,
PARADISE ISLAND AT
PIONEER PARK.**





REGISTRATION



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

Open Swim

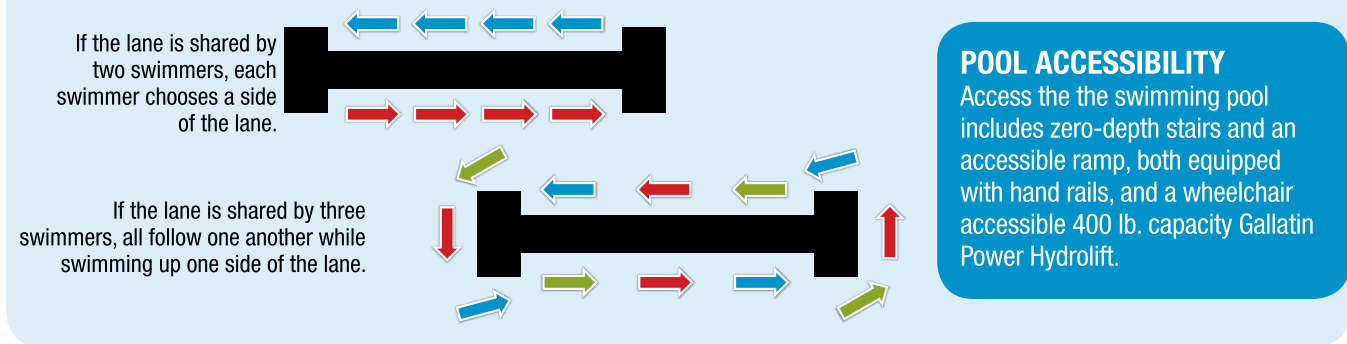
Open to all ages. The slide is available upon request.

Lap and Adult Swim

Ages 16 and up. Lane lines are reserved for lap swimming only. Water walking, free swim, and other activities are available on the open side of the pool. Lane sharing is required during high use times. Please refer to the diagram below for lane sharing instructions.

ACTIVITY	MON	TUE	WED	THURS	FRI	SAT	SUN
ADULT SWIM	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	5:30 a.m.- 1:30 p.m.	8 a.m.- 1:30 p.m.	8 a.m.- 11:30 a.m.
OPEN SWIM	1:30-5:30 p.m. 7:30-9 p.m.	1:30-4:30 p.m. 7:30-9 p.m.	1:30-5:30 p.m. 7:30-9 p.m.	1:30-4:30 p.m. 7:30-9 p.m.	1:30-5:30 p.m. 7:30-9 p.m.	1:30-5 p.m.	12:30 p.m.- 5 p.m.
LAP SWIM	5:30 a.m.- 1:30 p.m. 5:30- 7:30 p.m.*	5:30 a.m.- 1:30 p.m. 4:30- 7:30 p.m.*	5:30 a.m.- 1:30 p.m. 5:30- 7:30 p.m.*	5:30 a.m.- 1:30 p.m. 4:30- 7:30 p.m.*	5:30 a.m.- 1:30 p.m. 5:30- 7:30 p.m.*	8 a.m. 1:30 p.m.	8 a.m. 11:30 a.m.

*Limited lane availability due to other programs.



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

- Residents only:
 - All sessions:
 - › Monday, May 15
 - › Monday, July 3
 - Monday-Friday Only
 - › Monday, June 12
 - › Monday, July 24
- Nonresidents:
 - All sessions:
 - › Tuesday, May 16
 - › Tuesday, July 4
 - Monday-Friday Only
 - › Tuesday, June 13
 - › Tuesday, July 25

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

- All sessions:
 - › Monday, May 22
 - › Wednesday, July 5
- Monday-Friday Only
 - › Wednesday, June 14
 - › Wednesday, July 26

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

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

- Residents & Nonresidents:
 - All sessions:
 - › Tuesday, May 16
 - › Tuesday, July 4
 - Monday-Friday Only
 - › Tuesday, June 13
 - › Tuesday, July 25

Need to set up an online account?

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

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



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)
<i>~ Designed for children who are new to, or slightly afraid of, the water.</i>	<i>~ Teaches independent floating, basic stroke techniques and water safety.</i>	<i>~ Combines breathing, stroke technique and distance swimming.</i>	<i>~ Builds endurance and improves stroke techniques.</i>	<i>~ Refines strokes in preparation for competitive swimming.</i>	<i>~ Focuses on endurance and competitive swimming skills.</i>

Unsure which level is best for your child?

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

Water Babies: Ages 6-17 months

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

Parent-tot: Ages 18 months to 2 years old

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

Adult Lessons: ages 16 and over

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

Young Adult Lessons: Ages 13-15

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

See pages 29-30 for lesson fees and schedule.



Swimming Lesson Fees

	M/W and T/Th 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

TUESDAY/THURSDAY EVENING SWIMMING LESSONS

Level	Class time	Session 1 5/30-6/29	Session 2 7/11-8/10
Water Adjustment/Level 1 ages 3-5	4:30-4:55 p.m.	6101.201	6102.201
	6-6:25 p.m.	6101.202	6102.202
Fundamentals/Level 2 ages 3-5	5-5:25 p.m.	6201.201	6202.201
	6:30-6:55 p.m.	6201.202	6202.202
Fundamentals/Level 2 ages 6-12	4:30-5:15 p.m.	6211.201	6212.201
	5:30-6:15 p.m.	6211.202	6212.202
	6:30-7:15 p.m.	6211.203	6212.203
Independent Swim/Level 3 ages 3-5	5:30-5:55 p.m.	6301.201	6302.201
	7-7:25 p.m.	6301.202	6302.202
Independent Swim/Level 3 ages 6-12	4:30-5:15 p.m.	6311.201	6312.201
	5:30-6:15 p.m.	6311.202	6312.202
	6:30-7:15 p.m.	6311.203	6312.203
Stroke Techniques/Level 4 ages 6-12	4:30-5:15 p.m.	6401.201	6402.201
Stroke Mechanics/Level 5 ages 6-12	5:30-6:15 p.m.	6501.201	6502.201
Young Adult/Level 6 ages 13-15	6:30-7:30 p.m.	6611.201	6612.201

SATURDAY MORNING SWIMMING LESSONS

Level	Class time	Session 1 6/3-7/1	Session 2 7/15-8/12
Water Babies/ages 6-17mos	9-9:25 a.m.	6001.201	6002.201
Parent Tot/ages 18mos-2yrs	9:30-9:55 a.m.	6001.202	6002.202
Water Adjustment/Level 1 ages 3-5	9-9:25 a.m.	6101.203	6102.203
	10:30-10:55 a.m.	6101.204	6102.204
Fundamentals/Level 2 ages 3-5	9:30-9:55 a.m.	6201.203	6202.203
	11-11:25 a.m.	6201.204	6202.204
Fundamentals/Level 2 ages 6-12	10-10:45 a.m.	6211.204	6212.204
	11-11:45 a.m.	6211.205	6212.205
Independent Swim/Level 3 ages 3-5	10-10:25 a.m.	6301.203	6302.203
	11:30-11:55 a.m.	6301.204	6302.204
Independent Swim/Level 3 ages 6-12	10-10:45 a.m.	6311.204	6312.204
	11-11:45 a.m.	6311.205	6312.205
Stroke Techniques/Level 4 ages 6-12	9-9:45 a.m.	6401.202	6402.202
Stroke Mechanics/Level 5 ages 6-12	10-10:45 a.m.	6501.202	6502.202
Swim Team Prep/Level 6 ages 8-17	11 a.m.-Noon	6811.201	6812.201
Adult/ages 16 & up	9-9:45 a.m.	6601.201	6602.201



MONDAY-FRIDAY MORNING SWIMMING LESSONS

Level	Class time	Session 1 5/29-6/9*	Session 2 6/19-6/30	Session 3 7/10-7/21	Session 4 7/31-8/11
Water Adjustment/Level 1 ages 3-5	9-9:25 p.m. 10:30-10:55 a.m.	6101.205 6101.206	6102.205 6102.206	6103.201 6103.202	6104.201 6104.202
Fundamentals/Level 2 ages 3-5	9:30-9:55 a.m. 11-11:25 a.m.	6201.205 6201.206	6202.205 6202.206	6203.201 6203.202	6204.201 6204.202
Fundamentals/Level 2 ages 6-12	9-9:45 a.m. 10-10:45 a.m. 11-11:45 a.m.	6211.206 6211.207 6211.208	6212.206 6212.207 6212.208	6203.201 6213.202 6213.203	6214.201 6214.202 6214.203
Independent Swim/Level 3 ages 3-5	10-10:25 a.m. 11:30-11:55 a.m.	6301.205 6301.206	6302.205 6302.206	6303.201 6303.202	6304.201 6304.202
Independent Swim/Level 3 ages 6-12	9-9:45 a.m. 10-10:45 a.m. 11-11:45 a.m.	6311.206 6311.207 6311.208	6312.206 6312.207 6312.208	6313.201 6313.202 6313.203	6314.201 6314.202 6314.203
Stroke Techniques/Level 4 ages 6-12	9-9:45 a.m.	6401.203	6402.203	6403.201	6404.201
Stroke Mechanics/Level 5 ages 6-12	10-10:45 a.m.	6501.203	6502.203	6503.201	6504.201
Swim Team Prep/Level 6 ages 8-17	11 a.m. - 12 p.m.	6811.202	6812.202	6813.201	6814.201

*No class 5/29

Private and Semi-private Swim Lessons

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

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



American Red Cross

Babysitting: Ages 11-15

Want to start babysitting?
Already babysitting? You
can never be too prepared.
The American Red Cross

Babysitter's Training offers youth ages 11-15 the information and skills necessary to provide safe and responsible care for children. The training course helps participants develop skills in leadership and professionalism, basic care, safety and safe play, and first aid.

Sat 5/13 Noon-5 p.m. 6712.201 \$35/\$55
Sat 6/10 Noon-5 p.m. 6713.201 \$35/\$55

C.A.R.A Swim Team: Ages 6-18

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

Registration: 4/3 – 5/22

- Must be able to swim 25 yards front crawl with efficient side breathing technique.
- Must have basic knowledge of back and breast strokes.
- Team suits must be paid for within the registration time period. Refunds are not available.

Class Times: *Please note that practices have moved from Thursday nights to Fridays*

Mon/Wed/Fri 5:30-7:30 p.m. 5/31-8/7
6801.201 \$40/\$50

Note: The first day of practice is a mandatory meeting for parents and swimmers. The meeting will include parent and swimmer etiquette and expectations, swim meet information, and the creation of the team roster. Please attend this meeting so that you and your child will be prepared for a great summer!

Swim Meet Dates:

6/17 @ Westbrook Pool
9810 N. Independence St. Westminster, 80021
7/2 @ Northglenn, Northglenn Rec Center
11801 Community Center Dr., Northglenn, 80233
7/16 - Home Meet, Paradise Island Water Park
5951 Monaco St. Commerce City, 80022
7/30 @ Jewish Community Center
350 Dahlia St. Denver, 80246



WATER FITNESS CLASSES



Ages: 16 and older for all classes

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

Free for SilverSneakers® members and monthly pass holders



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

Group Discounts

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

Fee per swimmer

\$1.50 child/youth

\$2.50 adult/supervisor

Parties/Rentals

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

Rates

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



GOOD TO GROW

Prepare for a bright tomorrow with preschool specialty programs



Preschool Specialty Classes

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

Ages 3-5

Fri	10 a.m.-Noon	\$10/\$12/child
7204.101	4/7	Barnyard Bonanza
7204.102	4/14	Silly Science
7204.103	4/21	All About Me
7204.104	4/28	Winged Things
7205.101	5/5	Jump, Dance, and Move
7205.102	5/12	Games Galore

Lunch Bunch

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

Wednesdays	Noon-1:30 p.m.	\$10/\$12/child
7304.102	4/12	
7304.103	4/19	
7304.104	4/26	
7305.102	5/10	

Parent/Toddler Art Class

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

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

7404.101	4/5
7405.101	5/3

Summer Preschool: Ages 3-5

Session 1:

Where We Live-Around the Farm and Around the World

Farming, city life, and cultures around the world are taught through crafts, stories, music, and other hands-on learning.

Tue-Thur	6/6-6/29	10 a.m. - Noon
7201.201	\$96/\$108	

Session 2:

Community Helpers and Their Transportation

Pilots, astronauts, police officers and firefighters! Hands-on learning through crafts, stories, games. A real community helper may surprise us with a visit!

Tue-Thur	7/11-7/27	10 a.m. - Noon
7201.202	\$74/\$85	

Summer Day Camp 2017 Information

Register now for summer camp! Commerce City offers a state-licensed CCAP-approved summer camp for children ages 6-10 and 11-15. We maintain low child to staff ratios while providing a safe and fun environment.

Information Meeting (Mandatory for all enrolled campers and parents/guardians)

Tue 5/9 6 p.m.

Enrollment Packets are due May 9 at 9 p.m.

Parents must complete the enrollment process prior to registering for camp. Enrollment packets can be downloaded for FREE at www.c3gov.com/camp. Packets are available at the Recreation Center for at a cost of \$10.

Enrollment packets must be filled out completely and turned in before proceeding with registration. Enrollment began Feb. 22.

Enrollment deadline is Tuesday, May 9. Because registration is done on a first come, first-served basis and the camp fills up quickly, early enrollment is encouraged.

*No camps July 3 and 4

How to speed up the enrollment process for licensed day camps

Bring the following information and documentation to the recreation center to expedite the camp enrollment process:

- A printout of the enrollment packet available online at www.c3gov.com/camp
- Child's photo
- Immunization records signed by a doctor
- Health history signed by a doctor
- Addresses and phone numbers for family doctor, dentist and preferred hospital



CHOOSE YOUR ADVENTURE

Learn, grow and excel with activities and programs



Youth Summer Camp at Commerce City Recreation Center

Are you looking for a fun and safe way for your child to spend his or her summer? Commerce City Summer Camp is the place for your child. Children enjoy a variety of activities including arts and crafts, games, team-building activities, swimming, field trips and more. Our summer camps provide participants with an opportunity to make friends, try new things and most of all have fun. We maintain low child-to-staff ratios while providing a safe and friendly environment.

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

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

*No camp 7/3 and 7/4.

Adventure Trek Camp

Adventure Trek is a fantastic opportunity for youth and teens to have fun and make new friends through positive interaction with peers and staff. An alternate drop-off/pick-up location is offered at Second Creek Elementary School.

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

Rec Center	Second Creek	Week	Date	Theme	Field Trip
7601.201	7701.201	1	June 5-8	Vertical Ventures	Warrior Challenge Arena
7601.202	7701.202	2	June 12-15	Beach Bums	Stand Up Paddleboarding
7601.203	7701.203	3	June 19-22	Mountain Madness	Rock Climbing
7601.204	7701.204	4	June 26-29	Coloradical	White Water Rafting
7601.205	7701.205	5	July 5-6*	America, The Beautiful	Wings Over the Rockies
7601.206	7701.206	6	July 10-13	Cowboys vs Aliens	Horseback Riding
7601.207	7701.207	7	July 17-20	Imaginarium	The Clue Room
7601.208	7701.208	8	July 24-27	Camper's Choice	You Decide!
7601.209	7701.209	9	July 31-Aug 3	Denver Discovery	Elitch Gardens

*No camp 7/3 and 7/4.



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



BEST SUMMER EVER



Wilderness Survival

Can you survive? Learn basic wilderness survival skills and test your skills in all sorts of terrain and situations. Experience, share and learn from wilderness instructors. This is the prerequisite class for the summer backpacking trip "Ultimate Survivor." Ages 11-17

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

Ultimate Survivor Backpacking Trip

Trek through mountain trails and camp along streamside on this 4 day, 3 night backpacking trip. Test all the skills you learned in the required introductory class – Wilderness Survival. Ages 11-17

6/20-6/23 7801.203 \$60/\$90

Mandatory informational meeting required for participation Monday, June 6 at 6 p.m. at the Commerce City Recreation Center

Join us on a hike on Monday, June 12 from 9 a.m.-3 p.m. to prepare for the experience of the trip.

Youth Citizens Police Academy

Are you too old for Police Camp but still hungry for more? Or do you want to know more about the work that our local law enforcement does? Take it to the next level with this hands-on, interactive, and engaging academy for those who want to experience the work of a police officer. Download an application at c3gov.com/epic. Grades 9-12 (2017-2018 school year)

5/30-6/9 9 a.m. – 1 p.m. FREE
7801.204 Adams City High School



Middle School Madness

Take over the recreation center and have a blast with tons of fun activities featuring something different every month.

Grades 6-8

7-10 p.m. \$2 per person
Sat 4/8 MSM Goes Life-Sized!
Sat 5/13 Pool Party

Cops vs. Kids Tournaments

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

Check in at 4 p.m. FREE

4/21 Futsal Fairfax Park
5/19 Basketball Adams City Middle School



Boxing

This great program is not only fun, but it helps you build self-confidence as it teaches self-discipline and how to maintain a positive attitude. Transportation to and from the gym is provided from the Commerce City Recreation Center and Reunion Recreation Center. See your school resource officer or call 303-289-3674 for more information. FREE for residents if teen meets attendance requirements. Ages 11-17

Thur 4:30-7 p.m. FREE

Date	Commerce City	Reunion
5/4-5/25	7901.202	7901.203
6/1-6/29	7902.202	7902.203
7/6-7/27	7903.202	7903.203
8/3-8/17*	7904.202	7904.203

*No class 8/24 and 8/31



Teen Nights Around Town

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

Ages 11-17

Wednesdays FREE 5-7:30 p.m.

4/26 Veterans Memorial
5/10 Fronterra Park
5/31 Pioneer Park
6/28 River Run
7/12 Monaco Park
7/26 Pioneer Park
8/16 Rose Hill Grange Park
8/23 Turnberry Park



Youth and Teen Advisory Committee (YAC)

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



facebook.com/epicprograms



KICK IT AT CAMPS AND CLUBS



Mini Police Camp

Take part in this action-packed police experience and discover all the different aspects of police work. This day camp gets your heart pounding with live demos, building searches, SWAT, K9-Unit and more! Ages 9-11.

Tues-Fri 6/13-6/16 8 a.m.-Noon
7801.201 \$20/\$25 Commerce City Recreation Center

Police Camp

Want a close-up look at the exciting side of local law enforcement? Then join police officers and recreation staff for an action-packed campout. This is four days and three nights of activities including demos, building searches, SWAT, and much more. Police camp includes fun but physical activities including hiking, low ropes course, and other active elements. Drop off at Commerce City Recreation Center (6060 E Pkwy Dr). Pick up at Adams City High School (7200 Quebec Parkway). Ages 11-15.

Mon 7/31 (Drop off is at 7 a.m.) - Thur 8/3 (Pick-up at 5 p.m.)
7801.202 \$65/\$90

After registering, a completed participant packet is required for participation. Download a packet at www.c3gov.com/camp.

**Mandatory informational meeting required for participation
Tues 7/18 at 6-8 p.m. in City Council Chambers, Commerce City Civic Center, 7887 E. 60th Ave.*

Bike Rodeos

Commerce City police officers set up a mini “city” course with traffic lights, signs, railroad crossings, and other hazards to learn laws and safety skills. Ages 9-17 and siblings. FREE

Fri	5/26	10 a.m. – 1 p.m.	Kearney Middle School
Thur	6/8	6-8 p.m.	Fronterra Park (Bike Maintenance)
Wed	6/21	10 a.m. – 1 p.m.	Landmark Academy
Thur	7/6	10 a.m. – 1 p.m.	Boys and Girls Club
Thur	8/10	6-8 p.m.	Pioneer Park (Bike Maintenance)



Bike with a Cop

Spend the day on your bike with Commerce City police officers. Call 303-289-3674 if you need to borrow a bike. Ages 9-17. FREE

Thur	3/30	11 a.m.	Commerce City Recreation Center
Fri	4/28	9 a.m.	Adams City Middle School
Fri	6/2	9 a.m.	Kearney Middle School
Fri	6/16	12:30 p.m.	Commerce City Recreation Center
Fri	6/30	9 a.m.	Thimmig Elementary
Fri	7/7	9 a.m.	Alsop Elementary
Fri	7/14	9 a.m.	Rose Hill Elementary
Thur	7/20	7 p.m.	Fairfax Park
Fri	7/21	9 a.m.	Fronterra Park
Mon	7/24	9 a.m.	Pioneer Park

Specialty Summer Clubs

Each week children focus on a new theme, from Legos® to music. Enrollment packet is not needed for these clubs. Ages 6-10.

Mon-Thur 12:30-5:30 p.m. \$60/\$70

Class #	Date	Theme
7401.201	6/5-6/8	Isn't That Ducky?
7401.202	6/12-6/15	Lego Mania
7401.203	6/19-6/22	Experimental Central
7402.201	6/26-6/19	Sports Overload
7402.202	7/10-7/13	Cultural Dive
7402.203	7/17-7/20	Rhythm Nation





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.											◆	◆			◆



HOST YOUR EVENT

Choose a facility to fit your needs



Commerce City Recreation Center: 303-289-3789

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

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

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

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

Picnic Shelter Rentals *(available March through October)*

Commerce City is home to 19 parks, half of which have shelters available to rent for family picnics, business meetings, corporate outings, church functions and more. Parks and the number of shelters available for rental are:

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)



NEW RECREATION CENTER TAKING SHAPE

Located at the northeast corner of E. 112th Avenue and Potomac Street, the approximately 106,000-square-foot new recreation center includes an indoor pool, gymnasium with walking/jogging track, gymnastics center, dance/aerobics studio, weight/fitness area, event space, family locker rooms and more. The project also constructs infrastructure on E. 112th Avenue and Potomac Street to access the new facility. Construction began in October 2016 and is expected to complete in spring 2018.

The building construction is moving fast and has gone vertical. Crews recently built and raised tilt walls, a technique that has evolved since its use in the Roman Empire, Middle Ages and pioneer “barn raising” times. Rather than ordering precast walls that must be transported to the site, tilt walls save time and money by being built directly on the site. Crews pour and form wall panels on the ground. When the concrete has cured, a large crane lifts the panel into a vertical position. Once all panels are lifted and joined, work on the roof and interior can begin.

The closures of E. 112th Avenue and Potomac Street will remain throughout the project duration for construction work. Crews continue to widen Highway 2 from E. 112th Avenue to I-76.

See time-lapse construction videos of the new recreation center at c3gov.com/secondcreek.



Crews raise the first of many concrete walls that are now in place at E. 112th Avenue and Potomac Street.

Design underway for existing recreation center renovations

Located at 6060 E. Parkway Dr., the existing recreation center could see new additions such as a therapy pool, expanded fitness areas and family locker rooms. Design is underway and expected to be completed by end of this year. Construction activities are planned to begin in early 2018 and be completed by the end of 2018.



LEARN ABOUT THESE AND OTHER CAPITAL IMPROVEMENT PROJECTS AT C3GOV.COM/QCL OR 303-C3-WORKS (303-239-6757).



TEE IT UP

Find the lesson, program or tournament for your skill level



NEW! Monday Night Scrambles: \$30 per golfer

Event format: 9-hole scramble, Four person teams, A B C D Blind draw. Teams will be comprised of randomly drawn A B C D players. Stated handicaps are allowed for this event. Closest to the Pin contests on both par 3s. Registration required 24 hours in advance.

\$30 per golfer Includes nine holes of golf, cart, range balls, and prize pool.

May 8 5:00 p.m. Shotgun
 June 5 5:00 p.m. Shotgun
 July 10 5:30 p.m. Shotgun
 August 14 5:30 p.m. Shotgun

Summer Rates

May 1-September 30, 2017

	9 Hole	18 Hole
Resident		
Mon-Thur	\$18	\$32
Fri-Sun	\$22	\$37
Non-resident		
Mon-Thur	\$25	\$40
Fri-Sun	\$27	\$44
Senior Resident (62 and older)		
Tue-Thur (excludes holidays)	\$14	\$25
Senior Nonresident (62 and older)		
Tue-Thur (excludes holidays)	\$15	\$27
Senior Appreciation Day (all day Monday; holidays excluded)	\$10	\$20
Ladies Day (All day Tue., all year) (Before twilight/after twilight)	\$18/\$10	\$30/\$20
Junior (17 and younger)		
Mon-Thur	\$7	\$13
Fri-Sun (after 2 p.m.)		
Other Rates	9 Hole	18 Hole
Cart rental (per person)	\$12	\$17
Pull cart	\$3	\$6
Club rental standard	\$8	\$13
Range balls	\$4 Small	\$6 Large

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

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

Junior Programs: Ages 5-17

Kids enjoy fun filled programs from camps to clubs to scrambles with friendly and professional golf instruction.

First Tee Ages 5-8
 Mondays 6/19-7/31 \$60 per player
 Visit www.thefirstteegreenvalleyranch.org/ to register. Space is limited.

Junior Camp Week Ages 7-15
 Mon-Thur 6/12-6/15 \$95 per player

PGA Jr. League Team Ages 9-13
 May-August \$375 per player

Drive, Chip, & Putt Junior Clinics Ages 7-15
 Drive, Chip and Putt Championship is a nationwide junior golf development competition that focuses on the three fundamental golf skills. Prepare your child for local qualifiers with our clinics. \$25 per clinic

April 29 2-3:30 p.m. Clinic
 May 6 2-3:30 p.m. Clinic
 May 13 2-3:30 p.m. Mock Competition (FREE)

Buffalo Run Men's Club

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

Golf Divas

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

Tues May 23 5 p.m. 9-hole, Team Scramble
 Tues June 6 5:30 p.m. 9-hole, Team Scramble
 Tues June 27 5:30 p.m. 9-hole, Team Scramble
 Sat July 15 8 a.m. 18-hole, Team Scramble
 Tues July 25 5:30 p.m. 9-hole, Team Scramble
 Sat Aug. 12 2 p.m. 18-hole, Team Scramble
 Tues Aug. 22 5:30 p.m. 9-hole, Team Scramble

\$45 per player (9-hole events)
 \$85 per player (18-hole events)

Nine & Dine: \$99 per couple

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

Sat 5/27 5 p.m. Caribbean Pirate
 Sat 6/10 5 p.m. I Love the 80's
 Sat 7/1 5 p.m. Red, White & Blue Bash
 Sat 8/19 5 p.m. Mardis Gras
 Sat 9/30 4 p.m. Football Fanatic



SWING INTO SUMMER



Book A Tee Time

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

Location

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

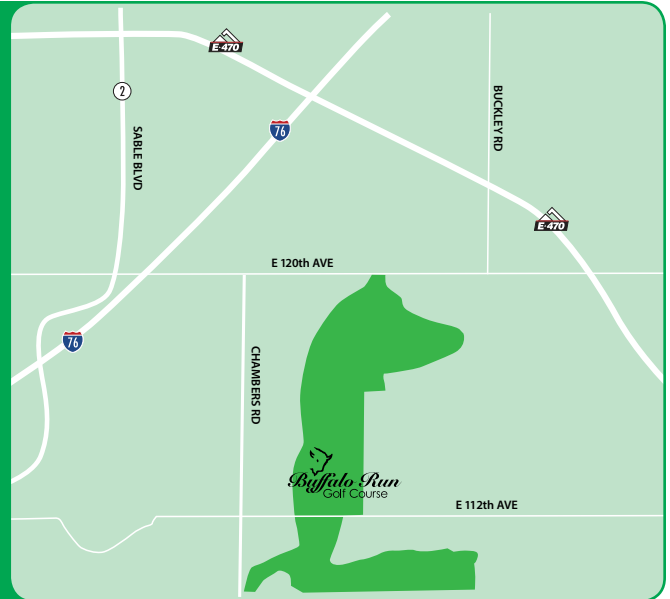
Golf Course Hours*

Sunrise - sunset

Driving Range Hours*

Sunrise - one hour prior to sunset

**Weather permitting.*



Introduction to Golf (No experience): \$20 per person

A variety of basic swing techniques will be covered including grip, stance and posture, proper putting techniques, chip shots and pitch shots, and full swing instruction. Space is limited.

- Session 1: May 6 10 a.m.-12:30 p.m.
 Session 2: June 3 10 a.m.-12:30 p.m.
 Session 3: July 8 10 a.m.-12:30 p.m.

Get Golf Ready (Some experience): \$99 per player

Instruction covers the basics of the full golf swing, putting, short game, on-course play along with discussions of basic rules and golf course etiquette. Space is limited.

- Session 1: May 13 & May 20 10 a.m.-12:30 p.m.
 Session 2: June 10 & June 17 10 a.m.-12:30 p.m.
 Session 3: July 15 & July 22 10 a.m.-12:30 p.m.

Club Fitting Series: \$25 per fitting*

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

- | | | |
|-------------------------------|----------|--|
| Callaway & TaylorMade: | April 13 | Fittings available from 3-7 p.m. |
| TaylorMade & Mizuno: | May 11 | Fittings available from 3-7 p.m. |
| Cleveland/Srixon & Titleist®: | May 25 | Fittings available from 3-7 p.m. |
| TaylorMade & Mizuno: | June 22 | Fittings available from 3-7 p.m. |
| Callaway & TBD: | August 6 | Fittings available from 11 a.m.-3 p.m. |

**Fitting cost will be applied to the purchase of golf clubs greater than \$200*

Wedge Clinic: \$100 per clinic*

The golf professionals will help improve your game by sharing the fundamental swing techniques of the short game to include: chipping, pitching, sand play and some exotic shots to that will make you say "wow!"

- | | | |
|-----------------------------------|----------|------------------|
| Wedge Clinic featuring Cleveland® | April 29 | 1-3 p.m. |
| Wedge Clinic featuring Callaway® | May 13 | 11 a.m. - 1 p.m. |
| Wedge Clinic featuring Titleist® | June 11 | 1-3 p.m. |

**At the conclusion of the clinic you will receive a \$100 credit in the golf shop towards the purchase of a new wedge*

Private Lessons

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

Salute to Military Service: FREE

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

- | | | |
|------------|------------|----------------|
| Session 1: | June 11 | 10 a.m. - Noon |
| Session 2: | June 25 | 10 a.m. - Noon |
| Session 3: | October 22 | Noon - 2 p.m. |
| Session 4: | October 29 | Noon - 2 p.m. |

Space is limited; one free golf clinic per veteran