

City of Laramie

# Parks & Recreation Guide



Winter - Spring 2014



**Ice & Event Center**  
Hours and programs on page 4!

## Recreation Center Admission & Memberships

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

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

**Monthly billing is available for six month and annual memberships - a \$1 convenience charge is applied to each monthly bill.**

## Recreation Center Hours

Monday - Friday	Saturday	Sunday
5:00 am - 9:00 pm Pools: 5:30 am - 8:30 pm*	8:00 am - 8:00 pm Pools: 8:30 am - 7:30 pm*	Noon - 8:00 pm Pools: 12:30 pm - 7:00 pm*

\*Pool access dependent upon daily schedule. See page 18 for our detailed pool schedule. We recommend calling 721-5269 to check on the availability of the pools prior to your visit.

Recreation Center Closures: December 25 & January 1

# Recreation Center

## Recreation Center Memberships

Purchasing an annual membership is the most cost effective way to utilize the Recreation Center. If you're looking for family fun or a variety of fitness opportunities, the Recreation Center is the place to be - we truly are "A Place For All"! Remember you can pay for your six month or annual membership with convenient, automatic monthly payments (\$1 monthly convenience charge does apply). Think of all the value you receive when purchasing a membership - for roughly the cost of one night out at dinner and the movies, you could make a monthly membership payment and have an entire month's worth of fun! To sign up for a membership, stop by the Recreation Center Front Desk or go to [www.cityoflaramie.org/membership](http://www.cityoflaramie.org/membership) to download membership forms. If you have any questions give us a call at 721-5269 or stop by the Recreation Center.



## Membership Discounts

Employees of the following businesses or organizations are eligible to receive a fifteen to twenty percent discount on six month and annual memberships: University of Wyoming, Albany County School District, Iverson Memorial Hospital, TriHydro, Albany County, State of Wyoming, City of Laramie, local non-profit organizations and active members of the Wyoming Army National Guard. For more information please visit [www.cityoflaramie.org/discounts](http://www.cityoflaramie.org/discounts). Call 721-5290 to see if your business or organization might be eligible to receive a group discount.

For information on discounts, refunds, cancellations, facility access and all other membership policies please call 721-5269 or stop by the Front Desk of the Recreation Center to view our membership contract.

## Recreation Center Age Limits

Children under 12 years old must be directly supervised by an adult\*. Recreation Center users, 12-15 years old, may use the fitness equipment and walking/jogging track under direct supervision of an adult\*. Please see pool age guidelines on page 18.

**\*Adult: age 18 and older.**

The City reserves the right to deny admittance to or suspend the membership of anyone who violates facility rules and regulations and anyone who appears to be under the influence of alcohol or drugs.

## Scholarship Opportunities

The Recreation Center is a place for all! Scholarships are available for Recreation Center Multi-Passes or activities for qualifying families and individuals in Albany County. Scholarships are awarded based upon income and family size, on a first come, first serve basis using the School Age Child Care sliding family income scale. To receive a scholarship application, or make a donation to the scholarship fund, please stop by the Recreation Center or call 721-5269. Applications and more information are also available at [www.cityoflaramie.org/scholarships](http://www.cityoflaramie.org/scholarships).



# Ice

## Laramie Community Ice & Event Center ~ Open through March 16, 2014

We offer public skating times, as well as hourly rentals for leagues, tournaments, clinics, birthdays, school skates, and group parties. Looking for an alternative activity to keep fit or for recreation? Come to the Ice and Event Center for our public skate sessions, figure skating and stick and puck sessions. Activities may be cancelled or rescheduled for tournaments and special events, particularly on Fridays and weekends. Please watch for changes posted at the Ice and Event Center and remember to check the Hotline at 721-3530. Detail schedules are also posted at [www.cityoflaramie.org\icehours](http://www.cityoflaramie.org\icehours).

**Notice:** All hockey participants visiting the Ice & Event Center must use helmets and face masks. This rule applies to all hockey players, coaches, referees and any group renting the ice.



**Skate Sharpening:** We have a brand new Blade Master manual sharpener so we can give you the edge you are looking for. Our trained staff sharpens hockey and figure skates while you wait or overnight. Fees: While you wait \$6/pair, or Overnight \$5/pair

**Skates & Equipment:** Figure and hockey skates from toddler's size 6 to men's size 14 are available to rent. Skate rental is \$2.25 per session and \$1 per session for 3-5 year olds. Helmets are available free upon request.

**Ice & Event Center Multi-Passes:** A multi-pass is good for 20 visits and two years from purchase date. Passes are available for public skating sessions or drop-in activities (figure skating, stick & puck, or curling). Multi-passes are for individual use and cover admission only, skate rental fees still apply.

Public Skate Pass: \$60, (\$75 non-resident)

Drop-in Activity Pass: \$105, (\$120 non-resident)

### Special Event Schedules affecting Skate Schedules

1/24: Squirts 6:30p-7:30p & UW Men 8p-10:30p - PS moved to 5:15-6:15p

1/25: Mites Tourney 11:15a-5p - PS 1-3p cancelled

2/8: LAHC Girls 3:15p-4:45p - 4:30-6:30 PS moved to 5-7p

2/11: Private rental, no figure skating at 11:15a-12:45p

2/22: UW Curling Tourney 5p-10p - PS from 1:15-2:15p only

3/1: Pee wee State Tourney - no PS

3/8: Figure Skate Show 4:30p-8:30p - no 4:30-6:30 PS, free skate to follow show

### Public Skate Sessions

Sunday	1:45 - 3:45p
Tuesday	1:30 - 4:45p
Wednesday	1:30 - 3:45p
Thursday	1:30 - 3:45p
Friday	5:30 - 7:30p*
Saturday	1:00 - 3:00p 4:30 - 6:30p

\*These skates will be run longer on nights when there are not hockey games.

### Public Skate Admission Prices:

5 years old and up	\$4 / session, \$5/non-resident
3 - 4 years old	\$2 / session, \$2.50 /non-resident

### Drop-In Figure Skating

Sunday	11:00 - 1:30p
Tuesday	6:00 - 7:30a
Wednesday	6:00 - 7:30a
Thursday	6:00 - 7:30a
Friday	3:30 - 5:15p*
Saturday	11:15a - 12:45p

\*Available on days that show practices are not scheduled.

### Drop-In Figure Skating Prices:

\$7 / session, \$8 / (non-resident)
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### Drop-In Stick & Puck (18+)

Friday	2:15 - 3:15p
Saturday	3:15 - 4:15p

### Drop-In Stick & Puck Prices:

\$7 / session, \$8 / (non-res)
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**Drop-in Speed Skating:** Come see what speed skating is all about - join us for an orientation session! Our instructors will give you a basic lesson; or if you are already familiar with the sport, come on in and skate. Speed skates are available for rental.

Saturday, Feb. 15                      6:45-7:45p  
Ages: 5+ yrs                              Fee: \$5

**Ice Races:** If you love the sound of speed skates gliding handily along the ice, join us for the annual ice races! There will be both long and short races for all ages. Distances range from 111 meters (1 lap) to 1,000 meters (9 laps). We will also have a backwards race, and a game of sharks and minnows. The emphasis is on FUN and anyone who would like to try is welcome. All participants receive a free t-shirt and can join as many races as they please. Participants must have a helmet, long sleeves, long pants, and gloves. Knee and elbow pads are encouraged. Registration deadline: Monday, March 3.

Saturday, Mar. 8                      9-11a                              Ages: All                      Fee: \$15



**Short Track Speed Skating:** This class is open to both past participants and youth who have never tried the sport. It provides an introduction to speed skating techniques and competitions with an emphasis on fun. Participants should know how to ice skate and must wear helmets, long sleeves, long pants, and gloves. Elbow and knee pads are encouraged. Speed skates will be provided. Min/Max: 5/11

Mondays, Jan 6-Mar 3                      3:45-4:45p                      Ages: 6-14yrs                      Fee: \$36

**Adult Short Track Speed Skating:** Take a late lunch and join us for the same class as above, but for ages 16+. Participants should know how to ice skate and must wear helmets, long sleeves, long pants, and gloves. Elbow and knee pads are encouraged. Speed skates and helmets will be provided.

Mondays, Jan 6-Mar 3                      2:45-3:45p                      Ages: 16+ yrs                      Fee: \$36

**Spring Ice Exhibition Show:** Come watch some of the best skaters in our community as they perform in our Spring Show! This is a fun family event, stay after the show for a free public skate, (skate rental not included). The show begins on Saturday, Mar 8 at 6p.

**Learn To Curl** Come out and join some of our top team curlers and find out what the sport is all about. You will learn a little bit about the sport as well as ice set-up, technique and rules for curling. All sessions will be similar, but feel free to come to more than one if you'd like a little more practice! Registration will be taken at the door just before the session.

Jan 3, Jan 17, Feb 14                      8:30-10:30p  
Ages: 10 and up                              Fee: \$5 at the door



# Ice

## Ice Skating Lessons

The Ice Skating Institute weSkate Program is taught at the Laramie Ice and Event Center. It is geared toward teaching correct technique in the basic elements of ice skating. Individuals complete the Tot 1-4 and then move up from there. This program appeals to a wide range of interests and encourages skating as a lifetime sport. The use of rental skates is included during lessons. A brief skills test is administered the first class day to ensure each skater is placed in his/her appropriate level. To enroll in each skate level, the skater must meet all prior level skills. ISI membership is required for levels Alpha and up and is included in the lesson fee. Tot 1-4 classes are for ages 6 and under. Pre-Alpha through Delta classes are for ages 6-18. Min/Max: 6/12 per class session.

**Tot 1:** No skating experience needed. Proper way to fall and get up, marching standing position, marching while moving.

**Tot 2:** Pass Tot 1 or two-foot jump in place, forward swizzle standing still, single swizzle, beginning two-foot glide.

**Tot 3:** Pass Tot 2 or Push and glide stroking, preparation for snow plow stop, dip, forward swizzle.

**Tot 4:** Pass Tot 3 or T-position and glide, backward swizzle, two-foot or one-foot snowplow stop, backward wiggle.

**Pre-Alpha:** No prior skating experience needed. Two foot glide, one-foot glide, forward swizzle, backward swizzle, backward wiggle.

**Alpha:** Pass Pre-Alpha or forward stroking, snowplow stop, forward right and left crossovers.

**Beta:** Pass Alpha or backward stroking, backward right and left crossovers, T-stop.

**Gamma:** Pass Beta or forward right and left outside three turn, forward inside open mohwak combination, hockey stop.

**Delta:** Pass Gamma or forward right and left inside three turn, forward outside edges, forward inside edges, lunge, bunny hop.

**Power:** This class is an essential for any hockey player who wishes to improve his or her game and skating abilities. This class takes the elemental aspects of skating and elaborates and expands areas in order to increase the skater's power, strength, agility, speed, balance and overall efficiency.

**Adult:** Ages 16 and up at all levels of skating experience.

**Freestyle:** Skaters who have completed Delta level classes or who have our instructor's permission. The program contains many skills like jumps, spins, and spirals as well as elements from the ISI and US Figure Skating tests.

### Ice Skating Lesson Details

Class	Dates	Day	Times	Fee	Activity #
Tot 1	Jan. 15 - Mar. 5	W	4:00 - 4:30 pm	\$63	111800-11
	Jan. 11 - Mar. 1	Sat.	8:45 - 9:15 am	\$63	111800-21
Tot 2	Jan. 15 - Mar. 5	W	4:00 - 4:30 pm	\$63	111800-12
	Jan. 11 - Mar. 1	Sat.	8:45 - 9:15 am	\$63	111800-22
Tot 3	Jan. 15 - Mar. 5	W	4:00 - 4:30 pm	\$63	111800-13
	Jan. 11 - Mar. 1	Sat.	8:45 - 9:15 am	\$63	111800-23
Tot 4	Jan. 15 - Mar. 5	W	4:00 - 4:30 pm	\$63	111800-14
	Jan. 11 - Mar. 1	Sat.	8:45 - 9:15 am	\$63	111800-24
Pre-Alpha	Jan. 15 - Mar. 5	W	4:00 - 4:30 pm	\$63	111800-15
	Jan. 11 - Mar. 1	Sat.	8:45 - 9:15 am	\$63	111800-25
Alpha	Jan. 15 - Mar. 5	W	4:35 - 5:05 pm	\$63	111800-16
	Jan. 11 - Mar. 1	Sat.	9:20 - 9:50 am	\$63	111800-26
Beta	Jan. 15 - Mar. 5	W	4:35 - 5:05 pm	\$63	111800-17
	Jan. 11 - Mar. 1	Sat.	9:20 - 9:50 am	\$63	111800-27
Gamma	Jan. 15 - Mar. 5	W	4:35 - 5:05 pm	\$63	111800-18
	Jan. 11 - Mar. 1	Sat.	9:20 - 9:50 am	\$63	111800-28
Delta	Jan. 15 - Mar. 5	W	4:35 - 5:05 pm	\$63	111800-19
	Jan. 11 - Mar. 1	Sat.	9:20 - 9:50 am	\$63	111800-29
Power	Jan. 15 - Mar. 5	W	5:45 - 6:15 pm	\$48	111800-1P
	Jan. 11 - Mar. 1	Sat.	10:30 - 11 am	\$48	111800-2P
Adult	Jan. 15 - Mar. 5	W	5:10 - 5:40 pm	\$48	121800-1A
	Jan. 11 - Mar. 1	Sat.	9:55 - 10:25 am	\$48	121800-2A
Low Freestyle	Jan. 11 - Mar. 5	W	5:10 - 5:40 pm	\$111	111800-1L
		Sat.	9:55 - 10:25 am		
High Freestyle	Jan. 11 - Mar. 5	W	5:45 - 6:15 pm	\$111	111800-1H
		Sat.	10:30 - 11 am		

Please visit [www.cityoflaramie.org/moreskating](http://www.cityoflaramie.org/moreskating) to view local organizations providing other skating and hockey opportunities. Full hockey game schedules are also available at [www.cityoflaramie.org/hockey](http://www.cityoflaramie.org/hockey).

**Spring Ice Exhibition Practice:** Be a skater in the spring skating exhibition! This is our annual spring ice show and a great way to show off your new skills or perform an individual program of your choosing. Registration for this program will give you practice time on the ice with our coaches and a performance time in the exhibition on March 8<sup>th</sup>.

Practices on Fridays, 3:30-5:15pm Feb 7-Mar 7      Ages: Any      Activity # 111700-SS  
Fee: \$40, plus a possible costume fee or \$10 for show only (no practice or coaching time)

**Music Cutting/Editing:** Music editing is available for competitive and exhibition programs. The cost is \$15 per routine. Please bring your own CD, or purchase one from us for \$5. Contact the Skate Director or call 721-5265 for more information.

**ISI Membership:** The Laramie Ice and Event Center is a professional member of the Ice Skating Institute. As a member, our skaters are enrolled as individual members of ISI. Benefits of membership include additional accident and liability insurance, a membership card and a subscription to Recreational Ice Skating magazine. The membership is good for one year and expires on August 31 each year. The cost for ISI membership is included in our skating lesson fees.

**Certification Testing:** Official ISI testing is a permanent achievement that goes on your skating record. ISI membership is required to test. Testing is necessary to compete, and all skaters are encouraged to test. The cost is \$10 per test, and includes an official ISI patch. Contact the Skate Director or call 721-5265 to arrange a time for testing.

Need some one-on-one attention to sharpen your skating skills - schedule a private lesson! Lessons are scheduled for a half hour each, and are taught by our Skate Director and certified instructors. Call 721-5265 to schedule your lesson. Payment is due when lesson is scheduled.

Fee: starts at \$23/lesson, plus the cost of admission to the skating session.

## Private Ice Skating Lessons



# Private Rentals

## Party Packages and Private Rentals at the Recreation Center



The Recreation Center can accommodate meetings, parties and special events; we have a variety of rooms available and offer great party packages! Please visit [www.cityoflaramie.org/reservations](http://www.cityoflaramie.org/reservations) for more information on facility reservations. We also offer popular party packages at a discounted price. All parties are scheduled on a first come, first served basis upon receipt of completed paperwork and payment. Parties must be scheduled a minimum of ten days in advance. Stop by the Recreation Center Front Desk today to learn more about our Party Packages and pick up our Facility Reservation Form.

**Recreation Center Party Packages:** Each party includes 10 day passes to use the facility. Additional attendees may purchase admission to the facility. If a party exceeds 10 attendees, extra drinks & pizzas are available for an additional fee. Party Packages are available on Saturdays and Sundays from Noon to 2:00 pm or 3:00 to 5:00 pm.

**Party Package #1 - \$56, (\$60 for non-members)** Bring your own party fixin's and utilize our conference or multi-purpose room for your party! This party is our most economical option, includes room rental for 1 hour and 10 Rec Center admissions.

**Party Package #2 - \$148 for members, (\$156 for non-members)** This is a great option for individuals looking for more party activities. We provide a host to guide activities, party space for two hours, pizza, drinks, and admissions for ten people. Please choose between the Sports or the Pool packages.

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

**or Pool Package:** Includes a party host, room rental for 2 hours, 10 Rec Center admissions, 2 pizzas and drinks.

**Party Package #3 - \$205 for members, (\$222 for non-members)** Party Package #3 is a full-service, custom party option. The party host will contact you in advance to develop a theme. Choose an inflatable rental in the gym or the pool in addition to party space for two hours, pizza and drinks, party favors and admissions for ten people. Please choose between the Sports or the Pool packages.

**Sports Package:** Includes room rental for up to 2 hours, 1/2 of the gym with the bounce house or obstacle course set up, party favors, 10 Rec Center admissions, 2 pizzas and drinks.

**or Pool Package:** Includes room rental for 2 hours, 1/2 of 8 lane pool with one of our pool inflatables, party favors, 10 Rec Center admissions, 2 pizzas and drinks.

### Room & Pool Rentals

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

- Conference and Multi-purpose rooms: \$35/hour, (\$40 non-members)
- Kitchen: \$10/hour, no access granted to kitchen without a reservation
- Full gym: \$60/hour, (\$70 non-members); • One court: \$30, (\$35 per hour non-members)
- Full facility (excluding aquatics areas): \$380/hour, (\$420 non-members)
- Bounce House: \$35/hour, (\$40 non-members)
- Party at the Pool! Come and enjoy the lazy river, the water playground, and the waterslide and add the Octopus Fun Run or the Aqua Challenge for an extra bit of fun. Call 721-3584 for more information.



# Private Rentals

## Party Packages and Private Rentals at the Ice & Event Center

**Party *with* Ice...** For more information on parties at the Ice and Event Center, or to schedule your event, call 721-5265. Reservations are on a first come/first serve basis and payment is due at the time of reservation. Party packages should be scheduled at least one week in advance. Additional guests may be added to packages for \$10 per person.

**Ice Party Package #1 - \$62** Includes party room rental for 1 hour, 10 skate passes including skate rental and 10 gift bag ice passes to use at a later date.

**Ice Party Package #2 - \$122** Includes party room rental for 2 hours, 10 skate passes including skate rental, a party host, hot dogs and drinks for 10 and 10 gift bag ice passes to use at a later date.



**Group Skate Times & Rates:** Some private ice rental times are available, hourly rates begin at \$165/hour. Depending on the length of your rental, skates may be available at a reduced rental rate as well. All reservations are accepted on a first-come, first-served basis. No alcohol or tobacco products are permitted on the premises. Call 721-5265 for more information.

**Party *without* Ice...** New party packages are available for parties at the Ice & Event Center when the ice is gone. These parties can include scooters, roller skating or use of the bounce house! Party hosts are available as well! Packages will be available in April; call 721-5265 for more information.

**Party Package #1 - \$74** Includes party room rental for 2 hours, 10 passes with the roller skate or bounce features, available during public hours.

**Party Package #2 - \$115** Includes full facility rental for 2 hours, 20 passes with use of the roller skates, roller hockey or scooters.

**Party Package #3 - \$195** Includes full facility rental for 2 hours, 20 passes with the bounce features and roller skates, scooters or roller hockey!

**Add a party host to any package for \$40 or pizza and drinks for 10 people for \$25!**

## Event Rentals at the Ice & Event Center

The Ice & Event Center is available for rental after we remove our ice, from April to August. In the past we have hosted everything from family reunions, weddings, La Grande Fleur and circuses! This large space provides plenty of opportunities to create the event you've been dreaming of. For more information give us a call at 721-5265 or visit:

[www.cityoflaramie.org/eventrentals](http://www.cityoflaramie.org/eventrentals)



# Youth

## SACC After-School Program

SACC is a quality enrichment program that inspires learning while supporting working families by keeping their children safe and supervised during after-school hours. Activities include a daily choice of special interest clubs, recreational sports, indoor and outdoor free time, homework and tutoring, swimming, ice skating and occasional field trips to area attractions. A healthy snack is included each day as well as a healthy dose of positive reinforcement! Students from all Laramie elementary schools are bused to the Recreation Center by ACSD #1 Transportation.



Days: All full school days

Time: After school, until 5:30p

Start: August 27, 2013

End: May 29, 2014

Grades: K – 6

Max: 65 participants per day

Fee: \$16/day or \$75/week if paid before the 5th of the month; \$18/day or \$80/week if paid after the 5th of the month. A sliding fee scale is available upon request based on proof of income and family size. Schedules are set at the beginning of each semester. A \$20 fee will be assessed for each change made after initial registration.



**Kids Night Out:** A great way for kids to have fun and make new friends in a safe, supervised environment! Kids Night Out is led by trained youth staff and includes gym activities, art projects, board games, pizza and drinks. Registration closes at noon on the Friday of the event. Kids Night Out is limited to 45 participants. Min/Max: 15/45

Fri, Feb 28	6-9p	Grades: K - 6	\$10, \$12 (non-members)	Activity #114500-A
Fri, Apr 25	6-9p	Grades: K - 6	\$10, \$12 (non-members)	Activity #114500-B

**Teen Night:** Come on out to the Rec Center for some swimming and pool inflatables, a dodge ball tournament, open gym, music, and hanging out with your friends! A \$5 admission charge includes pizza, drinks, and a chance to win door prizes. All Teen Nights are tobacco, alcohol, and drug-free. Once you leave the building you cannot be re-admitted. Staff reserves the right to ask participants to leave for inappropriate behavior.

Fri, Jan 24	7-10p	Grades: Jr & Sr High	\$5 at the door, with or without Rec Ctr membership
Fri, Mar 28	7-10p	Grades: Jr & Sr High	\$5 at the door, with or without Rec Ctr membership

**Aquatic Easter Egg Hunt:** Search for eggs in the leisure pool and then redeem them for candy and other prizes! Our 4<sup>th</sup> Annual Aquatic Easter Egg Hunt is for hunters age 10 and under. The hunt begins at 7 pm, so hop on over and join us!

Thur, Apr 17 7:00p Free with your membership or day pass purchase

**Youth Power Fit and Focus:** A fitness class designed for the under 16 crowd! Various exercises from circuit training to intense intervals, aerobic conditioning, sculpting yoga, and power pilates. Ideal for youth who avoid organized sports or are looking to stay active this winter!

Location: Tuesdays meet in the Fitness Room, Thursdays meet in the Recreation Center Gym.  
Jan 6-March 20      Tuesdays & Thursdays      7-8p      \$5/class, (\$6 non-members)

**Hershey Track Meet:** The Hershey Track & Field Program was created over 30 years ago to promote physical fitness and provide a fun learning experience for children 9 to 14 years old. Youth track & field is a great way to get kids started in a physical fitness program and is the largest youth sports program of its kind in the United States and Canada. Track and field meets take place in every state and every province in North America, with hundreds of athletes making it to the grand finale — the North American Finals in Hershey, Pennsylvania. Join us as we help kids discover their potential, make new friends, and gain newfound self-confidence. Every child is a winner with the Hershey's Track & Field Games! Running events, softball throw and the long jump are all included. Volunteers are needed for this event. For ages 9-14, as of 12/31/12. Practices are held at the Recreation Center.

Practices: Apr 29-May 20, Tuesdays, 3:30-5:30p      Fee: \$10      Activity #110800-2  
Track Meet: May 20, 3:30p at the Laramie High School Track      Free      Activity #110800-1

**Youth Basketball Tournament:** This exciting tournament brings youth basketball players together from across Wyoming and neighboring states. Our 23<sup>rd</sup> Annual Youth Basketball Tournament (YBT) will run from April 4 - 6, 2014. Sign your team up today and see who takes home the YBT trophies! Open to Girls and Boys grades 4-11. For more information contact Kason Walton at 721-5261. Registration opens on Jan 10      Registration deadline: March 23  
Fee: \$120 / team before March 1, \$140 per team after March 1

**Youth Volleyball:** During this 6-week program, youth in grades 3 – 6 learn volleyball skills and play in a fun, supervised environment. With consistent positive reinforcement, each child develops confidence and self-esteem while building a solid foundation for success in volleyball and life. Players choose their team name and colors; registration fee includes t-shirts.  
Mar 24-May 7, Mondays & Wednesdays, 4-5:15p      Grades: 3-6      \$30      Activity # 110300-1A



### Little Kickers Soccer:

A strong commitment to teaching soccer fundamentals in a safe environment, where the players have a positive learning experience, is the key to this successful program. Each season an outstanding staff of volunteer coaches share their passion for and knowledge of soccer with the children. During this 6-week program, players receive soccer jerseys, but must provide their own shin guards covered by socks. Volunteer coaches are needed for this program. If interested in volunteering, please contact Kason at 721-5261.

Game Days: Mar 29, Apr 12, 19 and 26  
Game Times: 8:00a-12:00pm, 30-minute games

#### 3 & 4 yrs (as of 01/01/14)

Practice Days: Mar 25-Apr 22, Tuesdays, 5-5:45p  
Fee: \$45      Activity #110400-1A

#### 5 & 6 yrs (as of 01/01/14)

Practice Days: Mar 27-Apr 24, Thursdays, 5-5:45p  
Fee:\$45      Activity # 110400-1B

# Adults

**Pickle Ball:** We are excited to continue this fun sport in Laramie! This activity combines elements of badminton, tennis and table tennis. Pickle Ball is played on a badminton-sized court with a lowered net, a hard paddle and a polymer ball (similar to a whiffle ball). This fun game for beginners and can be a fast paced and competitive game for more practiced players. An orientation session to teach participants the basics of the game and work on pickle ball skills will be offered on Saturday, January 11 from 4-7p. A one day tournament will be scheduled at the end of the drop in games. Players will be paired up to play singles or doubles and play one or two games each week.



Orientation Session: Saturday, Jan 11, 4-7p      Free w/ membership or day pass  
Drop-in games: Saturdays, January 18-March 8, 3pm-7pm      Free w/ membership or day pass

## Men's and Women's Softball Leagues & Tournament

Beginning the week of May 12th and running through late July, this 14-game season will be played Monday through Thursday at LaBonte, Aragon East and Aragon West fields, at 6:00p, 7:10p, 8:20p and 9:30p. Fridays will be reserved for any make-up games. This year we will offer both Men's Competitive and Men's Recreational, as well as a Women's League. Teams will be placed in the tourney based on regular season finish. Registration Deadline is Sunday, April 27th at 8 p. There will be an organizational meeting at the Recreation Center on Thursday, May 8th at 5:30p.

Men's Rec Division (M/W or T/Th)      Men's Comp Division (T/Th)      Women's Division (T/Th)  
Ages: 16 years & up      Fee: \$500/team, includes Double Elimination Tourney

## Co-ed Volleyball League

Calling all volleyball players! Get your team together and bump, set or spike yourself into the Recreation Center for a fantastic season of volleyball. You have the option of registering as a team or an individual. Recreation staff will help individuals find a team. During this 10-game season, you will have the opportunity to play in the Recreational A Division (for more experienced and advanced players) or the Recreational B division (for players who just want to have fun). The registration deadline is Sunday, March 9 at 8p. An organizational meeting for the team captains will be held at the Recreation Center on Thursday, March 13th at 5:30p. Season schedules will be available at the meeting. A tournament will be included at the end of the season.

Co-ed Competitive (T/Th)      Co-ed Recreational (M/W)  
Mar 24-May 8, Games 6-9p      Ages: 16 years & up      Fee: \$180/team

## Lindy Hop-The Best of Swing Dancing!

In this class, you will learn the Lindy Hop, the most fundamental dance step of Swing Dancing from the 1920's and 1930's. The Lindy Hop is the most versatile and adaptable partner dance step there is. You will also learn basic movement fundamentals to all forms of dance that require partner leading and following. If you've ever wanted to learn any kind of partner dance, this class is for you! Great for a fun, new date activity too! This is an 8-week progressive course, building skills learned from week to week. If you have a conflict come up during the course schedule, you may attend the alternate class that week. Minimum of 6 people registered for each class, individuals will be paired together.



Class A: Thursdays at 7p, Jan 9 - Feb 27  
Singles: \$40, \$48 (non-member)

Class B: Saturdays at 5p, Jan 11 - Mar 1  
Couples: \$75, \$85 (non-member)

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

Don't let the name scare you off...Masters Swim Club provides organized workouts, optional competitions, clinics and workshops for adults aged 18 and over. Programs are open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. All LMTSC programs are designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship and teamwork. Location: Recreation Center 8 Lane Pool. Please call Matt at 721-3584 with questions.



Mondays, 7:15-8:15p & Thursdays, 6-7a

Fee: \$18 /month or \$5/class, \$6 (non-members)

**Kick-My-Run Interval Training:** Whether you are running for fun, or training for an upcoming race, come join this group to help build your endurance, speed, and technique. Various interval runs with high intensity exercises sprinkled throughout the session will benefit athletes of all ability levels! This is a great opportunity to make connections with other runners in the community as well. Location: LCRC, East Gym; Workouts to take place inside or outside, (weather permitting).

Tuesdays, Jan 14 - Mar 4, 5:30 to 6:30 a.m.

Fee: \$32, \$48 (non-members) for 8 sessions

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

Age: 16 yrs & up

Free with membership or day pass

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

## **Childcare is available while you workout!**

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



Fee: \$3.50 per child, per hour (\$5 per child, per hour for non-members) Min/Max: 1hr/2hrs per child

# Adults

## Fitness Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30a		Revolutions A	Revolutions B	Revolutions A	Revolutions B	Revolutions F*	
6 -7a			Body Shock		Body Shock		
8:15-9:15a		Revolutions C		Revolutions C		Revolutions G*	Revolutions H*
9 -10:15a			Step A		Step A		
9:30-10:30a		Yoga A		Yoga A		Power Yoga*	Step B*
10:30-11:30a			TaijiFit		TaijiFit		
12:10-12:50p		6 Pack Attack	Tone & Sculpt	6 Pack Attack	Tone & Sculpt		
12:15-1:15p	Step/Sculpt B*						
3 - 4p	Pilates B*						
4 - 5p						Pilates A*	
4:30-5:30p		Revolutions D	Core3	Revolutions D	Core3		
5:30-6:30p						Step/Sculpt A*	
5:45-6:45p		Step +	Revolutions E	Step +	Revolutions E		
7 - 8p		Hardcore TBT	Zumba Party	Hardcore TBT	Zumba Party		

### Fitness Class Prices

Drop-In (single visit for any class)	\$5 / class, (\$6 non-members)
Monthly Session (1 session of any fitness class for 1 month)	\$25 / session, (\$30 non-members)
20 Class Punch Pass (used for any class, valid for 24 months)	\$100, (\$120 non-members)
Unlimited Pass (ALL Fitness classes listed on pgs 14-15, for 1 month)	\$42 / month, (\$48 non-members)

Fees are non-refundable; purchasing daily drop-in or punch pass is the best option if registering for classes mid-month.

### Fitness Class Information

- Minimum of 3 participants to avoid class cancellation
- Fitness classes open to individuals ages 16+
- Sessions noted with a \* are not eligible for monthly session
- Classes in the LCRC Fitness room unless otherwise noted.

**Childcare now available during evening classes!**  
**Call 721-5269 to inquire about times and availability, and don't forget our SACC Afterschool program for older children.**



### Fitness Class Descriptions

**Tone & Sculpt:** Total body toning and sculpting focus all during your lunch break! Great alternating class to compliment your 6 Pack Attack. Session A: T/TH, 12:10-12:50

**Zumba Party:** Zumba is a fun and effective workout system that includes cardio, muscle-toning and stretching to latin-inspired music tracks. You will torch calories, but this class is all about having fun so you can forget you're even working out. Come help us party! Session A: T/Th, 7-8p

## Fitness Class Descriptions continued

**Revolutions:** Sixty minutes of simulated cycling with intervals of strength, endurance and speed performed to music; requires a more substantial fitness base. We've added NEW Revolutions bikes for an even better ride! Bring water and a towel (padded shorts are recommended). For those of you ready to add an upper body workout, try one of our classes that incorporate hand-weights! First time participants, come to class 5 minutes early. Toe-clip shoes NOT allowed on wood floors. Min/Max: 4/12.

Session A: M/W, 5:30-6:30a      Session B: T/Th, 5:30-6:30a      Session C+: M/W, 8:15-9:15a  
Session D+: M/W, 4:30-5:30p      Session E: T/Th, 5:45-6:45p      Session F\*: F, 5:30-6:30a  
Session G\*: F, 8:15-9:15a      Session H\*: Sat, 8:15-9:15a      + : sessions with weights

**TaijiFit:** A truly unique workout that helps you connect body, mind and spirit to experience better balance and coordination.

Session A: T/TH, 10:30-11:30a

**Body Shock:** Our muscles have no limits, but our minds often limit our true strength! This boot camp-style workout is sure to sync body and brain to deliver your strongest self. Don't miss this chance to get your workout in, before going to work.

Session A: T/Th, 6-7a

**6-Pack Attack!** : Make the right fitness choice for your lunch break and join the high intensity core and ab sculpting class! Increase your core strength, whittle your middle, and tone your mid-section in this powerful course.

Session A: M/W, 12:10-12:50p

**Pilates:** Pilates emphasizes the balanced development of the body through core strength. Athletes and dancers love it, as do seniors, women rebounding from pregnancy, and people who are at various stages of physical rehabilitation.

Session A\*: Fri, 4-5p

Session B\*: Sun, 3-p

**Hardcore TBT:** A tough workout yet adjustable to any fitness level! Combines high-intensity, low-intensity, and recovery periods. An excellent way to burn calories, build endurance, and focus in on specific body parts.

Session A: M/W, 7:00-8:00p

**Step Aerobics:** Expect to burn between 500 and 1,000 calories, depending on weight and exercise intensity. Choreography is appropriate for those new to group fitness classes; lighter strength training & core work included.

Session A: T/Th, 9-10:15a

Session B\*: Sat, 9:30-10:30a

**Step Aerobics +:** Step Aerobics, turned up a notch! Similar to the basic step class, but geared for those who are ready to push themselves a bit further.

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

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

Session A\*: Fri, 5:30-6:30p

Session B\*: Sun, 12:15-1:15p

**Yoga:** Vinyasa-style class for all levels. Vinyasa yoga is a style in which movement is synchronized to the breath. The routines will be interspersed with stationary yoga poses to enhance strength and flexibility.

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

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

Session A\*: F, 9:30-10:30a

**Core3:** Triple workout power, this class combines Tabata, Barre and Pilates for calorie blasting, body sculpting and lengthening, and a heavy dose of abdominal strengthening all in one energetic punch. Prepare to build lean muscle mass and get your endorphins flowing!

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

# Adults

**Personal Trainers:** The services of certified trainers are available to members of the Laramie Community Recreation Center. The trainer’s understanding of the basic components of fitness will help you work out at a level to effectively achieve your goals. Whatever your fitness needs, consider calling the Recreation Center, 721-5269, to begin your individualized fitness program! Cancellations require 24-hour notice. Personal Trainers are available for members only - you must hold a current 20 pass, 6 Month, or Annual membership.

Offered Sunday through Saturday, by appointment only    Age: 16 yrs & up (exceptions considered)  
 Individual 1 hour session \$ 30.00                      2 Person 1 hour session \$ 40.00

## NEW Personal Trainer Packages offer a great value!

Commit to a healthier you by purchasing a personal trainer package. Silver and Gold packages receive free fitness classes to help supplement your training!

	Individual	2 People
<b>Bronze Package</b> 4 sessions	\$110	\$160
<b>Silver Package</b> 8 sessions PLUS 1 free fitness class per person	\$198	\$297
<b>Gold Package</b> 16 sessions PLUS 2 free fitness classes per person	\$374	\$561



## Personal Trainer Bios

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

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

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

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**Looking for community recreation organizations?  
 Visit [www.cityoflaramie.org\communityrec](http://www.cityoflaramie.org/communityrec)**



# Community Information

## Friends of Community Recreation (FCR):



FCR is dedicated to making recreational opportunities available to all residents of the City of Laramie and Albany County, and we want you to be involved! FCR has been called "The warm and fuzzy arm

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



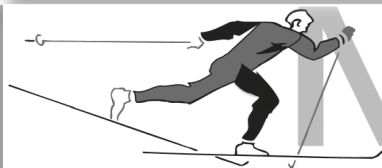
**Wyoming Health Fairs** offers low cost blood screenings at the Recreation Center every Wednesday from 7:00 - 10:00 am. Please go to [www.wyominghealthfairs.com](http://www.wyominghealthfairs.com) or call 1-800-979-3711 for more information.

**Laramie Rifle Range** is located 3.8 miles north of the City limits. Follow Rogers Canyon Rd (9<sup>th</sup> Street) north 3.8 miles and turn right on Rifle Range Road. Purchase a membership or use the range on a per day basis as a public user for \$10 per day. NRA Range Safety Officers will supervise and assist non-members on Public Days. The following ranges are available to non-members on Public Days: 50 yard Pistol and Rimfire Range, 100 yard Multi-Purpose Range, 200 yard Rifle Range, and the 50 yard Practical Pistol Range. Additional Rifle, Pistol, Shotgun and Archery ranges are available to members and their guests. Annual membership dues range from \$40 to \$110 and may be purchased at the range on Public Days or online. Public Days are held from 10 am - 6 pm, the 3<sup>rd</sup> Saturday of each month. Additional information can be obtained at [www.laramieriflerange.com](http://www.laramieriflerange.com).

**ACTA - Providing public transportation to Laramie!** The Gem City Grand Bus has an expanded route to better serve our community (including a stop at the Recreation Center)! For more information and to download a route map visit <http://www.actabus.org>. New: Real-time information on bus locations and last-minute changes is now available at <http://www.uwyo.transloc.com/>.



MBNA is offering Cross Country Ski Classes for adults and children!



Medicine Bow Nordic Association

Learn how to really enjoy your winter with cross country skiing!

Go to [mbna.pbworks.com](http://mbna.pbworks.com) for more information and registration forms. Join MBNA with a family membership for only \$30 (\$15 for an individual membership) and get a discount on your registration fee.

# Aquatics

## Leisure Pool Schedule

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

**Closures:** The main area of the pool is closed from 5:00p-6:30p Monday-Thursday during swim lessons; the lap lanes & lazy river will be open during this time to adults only, 18 years and older.

### Swimming Lessons

(The indoor leisure pool will be closed during swim lessons offered 1/20 - 5/16, see pg 21)

Mon-Thur 5:00p-6:30p

### Quiet Hours

(Intended for families with kids ages 9 & under)

Mon-Sat 1:00p-3:00p

### Open Swim

Sun 6:30p - 7:00p

Mon-Thur 5:30a-4:55p  
6:30p-8:30p

Fri 5:30a-8:30p

Sat 8:30a-12:40a  
1:15p-7:30p

### Water Slide!

The Water Slide & the spray features are on during these times. Must be 48" to use slide.

Sun 12:30 - 6:30p

Mon-Thur 6:40p - 8:00p

Fri 5:00p - 8:00p

Sat 12:40p - 7:00p

## Whirlpool Schedule

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

**The Whirlpool is available for ages 16 & up.  
Please observe the 15 minute limit on use.**

## Pool Policies & Rules

- Children 5 and under must be accompanied by an adult in the water & within arm's reach at all times.
- Children under 8 must be accompanied by an adult in the water, actively supervising at all times.
- Children 8-12 years must be directly supervised by an adult in the pool area.
- Adults who are supervising children must be 18 or older.
- Children under 3, or who are not toilet trained must wear a swim diaper.

\* Groups of 25 or more please give 48 hours advance notice by calling 721-3584 to ensure that we can provide appropriate Lifeguards.

\*\*Childcare providers or specialty youth groups must provide 1 chaperone in the water for every 4 kids to provide active supervision of the group.

The pools occasionally close due to necessary maintenance, special events, weather or unforeseeable circumstances. We recommend calling 721-5269 to check on the status of the pools prior to your visit. You can also sign up for automatic closure notifications via email or text by subscribing to the Parks & Rec calendar at: [www.cityoflaramie.org/notifyme](http://www.cityoflaramie.org/notifyme).

## 8 Lane Pool Schedule

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

Swimmers under 48" must pass a swim test to swim in the 8 Lane Pool.

### Open Swimming

At least 4 lap lanes available for lap swimming, three lanes available for other workout needs.

Sun 12:30p - 7:00p

Mon 5:30a - 4:55p  
7:30p - 8:30p

Tue 5:30a - 10:00p  
Noon - 4:55p  
7:30p - 8:30p

Wed-Fri 5:30a - 5:00p  
7:30p - 8:30p

Sat 8:30a - 7:30p

### Aqua Challenge

At least 1 lap lane available

1/25, 2/15, 3/15, 4/12 & 5/10 1:00 - 7:00p

### Fun Run

4 lap lanes available

1/24, 2/14, 3/14, 4/11, & 5/9 4:00 - 6:15p

### Limited Lap Swim

Only 2 lap lanes available

Mon-Thur 5:00p-7:30p

## 8 Lane Closures

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

**Every Tuesday, 10:00a-Noon for maintenance.**

Special Event Closures:  
12/17 at 5p, 12/27 at Noon, 12/28 all day, 1/9 at 5p, 1/10 at 5p, 1/11 at 10a, 1/17 at 4p, 2/21 at 5p.

## Diving Board

Forward dives only, no specialty dives allowed

Fri 4:00p - 8:30p

Sat & Sun 1:00 - 4:00p

# Aquatics

**Lap Swimming in the 8 Lane Pool** One length of the pool equals 25 yards, 18 lengths equals a quarter mile, 36 for a half mile and 72 lengths for a mile. Join our Masters Swim program to improve your lap swimming skills, see page 13 for more details.

**Lazy River Info:** Come join the water walking fitness club every weekday from 9:30-Noon. This is a great opportunity to work out to music, and meet new people! Please note that music is also played in the Leisure Pool from 6-7am.

\*60 laps in the lazy river equals 1 mile.

**Aqua Challenge & Fun Run:** We place our large pool inflatables in the 8 Lane Pool typically once a month. Free with your membership or the purchase of a day pass. Check the 8 Lane Pool schedule on page 18 to see when the Aqua Challenge or Fun Run floats in our pool next!



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

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

Tuesdays, Mar 11-Apr 15      7-8p      \$4/class, \$5 (non-members)      Activity# 126600-AC

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



Thursdays, Mar 6-Apr 10      7-8p      \$4/class, \$5 (non-members)      Activity# 126600-AA

**Lifeguarding Class:** The City of Laramie is offering a Lifeguarding Class with Water Park Training. This is a great opportunity to learn an invaluable skill and increase your earning potential. Please view prerequisites for the class online at [www.cityoflaramie.org/lifeguard](http://www.cityoflaramie.org/lifeguard). Call 721-3584 with any questions. Class dates: February 22, 23, & March 1, and 2. All training days are from 9a to 6p with a 1 hour lunch break. Cost:\$140 Members, \$160 non-members      Activity# 126600-I

# Aquatics

**American Red Cross “Learn to Swim” Program** The City of Laramie Parks and Recreation is proud to offer aquatic programs for all ages! The American Red Cross continues to lead the pack in the swim lesson revolution. For current class descriptions see below. Please make sure to register early for each session. Keep in mind our minimum/maximum per class is 3/6 unless otherwise stated. Levels 1-5 are for 4 years and up. Our swim levels are based on skill and age. Swimmers must meet all the requirements of the previous level before moving on to the next level.

**Not sure what level your child is ready for? We offer a FREE swim assessment; simply contact the aquatics section at 721-3584 to set up an appointment.**

**Parent and Child:** This class is designed to familiarize young children (6 months - 3 years) with the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. It is not designed to teach children to become good swimmers or survive in the water on their own. One child per parent/caregiver. Min/Max: 3/12

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

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

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

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

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

**Level 5 – Stroke Refinement:** Swimmers will learn how to coordinate and refine strokes. Students will be completely independent of their instructor and swimming longer lengths.

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



## Private Swim Lessons

Private or semi-private swim lessons (limit of 2 people) are established for anyone who needs more one-on-one instruction. We focus on kids who need extra attention in skill refinement. Our specialty is assisting adults and seniors who have either never learned to swim, simply want to fine tune their strokes for an upcoming event, or want to feel more comfortable with swimming. Please see our popular, private swim lesson packages. The 8 lesson packages are strongly recommended to see results, as swimming skills are cumulative. Each private lesson is 30 minutes long. Private

lessons are set up based on your availability! Ask for the private lesson form at the Front Desk.

### Private Swim Lesson Prices

1 refinement lesson: \$18, (\$25 non-members)  
4 lessons: \$60, (\$72 non-members)  
8 lessons: \$100, (\$124 non-members)

### Semi-Private Swim Lesson Prices

1 refinement lesson: \$27, (\$30 non-members)  
4 lessons: \$90, (\$104 non-members)  
8 lessons: \$160, (\$188 non-members)

## Weekday Swim Lessons

\$35 for members, (\$45 for non-members)

		<b>Session 1</b>		<b>Session 2</b>		<b>Session 3</b>		<b>Session 4</b>	
		Jan 20 - Feb 14		Feb 17 - Mar 14		Mar 24 - Apr 18		April 21 - May 16	
		Reg: 1/3 - 1/17		Reg: 1/31 - 2/14		Reg: 3/7 - 3/21		Reg: 4/4 - 4/18	
<b>Days &amp; Times</b>	<b>Level</b>	<b>Activity #</b>	<b>Level</b>	<b>Activity #</b>	<b>Level</b>	<b>Activity #</b>	<b>Level</b>	<b>Activity #</b>	
<b>Mon &amp; Wed</b> 5:05 - 5:45pm	P & C	116100-7A	Pre-K	116100-7C	Pre-K	116100-7E	P & C	116100-7G	
	Level 1	116100-1A	Level 1	116100-1E	Level 1	116100-1I	Level 1	116100-1M	
	Level 2	116100-2A	Level 2	116100-2E	Level 2	116100-2I	Level 2	116100-2M	
	Level 3	116100-3A	Level 3	116100-3E	Level 3	116100-3I	Level 3	116100-3M	
	Level 4	116100-4A	Level 5	116100-5C	Level 4	116100-4E	Level 5	116100-5G	
<b>Tue &amp; Thur</b> 5:05 - 5:45pm	Pre-K	116100-8A	P & C	116100-8C	Pre-K	116100-8E	Pre-K	116100-8G	
	Level 1	116100-1B	Level 1	116100-1F	Level 1	116100-1J	Level 1	116100-1N	
	Level 2	116100-2B	Level 2	116100-2F	Level 2	116100-2J	Level 2	116100-2N	
	Level 3	116100-3B	Level 3	116100-3F	Level 3	116100-3J	Level 3	116100-3N	
	Level 5	116100-5A	Level 4	116100-4C	Level 5	116100-5E	Level 4	116100-4G	
<b>Mon &amp; Wed</b> 5:50 - 6:30pm	Pre-K	116100-7B	Pre-K	116100-7D	P & C	116100-7F	Pre-K	116100-7H	
	Level 1	116100-1C	Level 1	116100-1G	Level 1	116100-1K	Level 1	116100-1O	
	Level 2	116100-2C	Level 2	116100-2G	Level 2	116100-2K	Level 2	116100-2O	
	Level 3	116100-3C	Level 3	116100-3G	Level 3	116100-3K	Level 3	116100-3O	
	Level 4	116100-4B	Level 5	116100-5D	Level 4	116100-4F	Level 5	116100-5H	
<b>Tue &amp; Thur</b> 5:50 - 6:30pm	P & C	116100-8B	P & C	116100-8D	P & C	116100-8F	P & C	116100-8H	
	Level 1	116100-1D	Level 1	116100-1H	Level 1	116100-1L	Level 1	116100-1P	
	Level 2	116100-2D	Level 2	116100-2H	Level 2	116100-2L	Level 2	116100-2P	
	Level 3	116100-3D	Level 3	116100-3H	Level 3	116100-3L	Level 3	116100-3P	
	Level 5	116100-5B	Level 4	116100-4D	Level 5	116100-5F	Level 4	116100-4H	
	Adult	126100-1A	Adult	126100-1B	Adult	126100-1C	Adult	126100-1D	

## Saturday Swim Lessons

4 Lessons total each month : \$17.50 for members, (\$22.50 for non-members)

	<b>February</b>		<b>March</b>		<b>April</b>		<b>May</b>	
	Reg: 1/13 - 1/27		Reg: 2/17 - 3/3		Reg: 3/17 - 3/31		Reg: 4/21 - 5/5	
	<b>Level</b>	<b>Activity #</b>	<b>Level</b>	<b>Activity #</b>	<b>Level</b>	<b>Activity #</b>	<b>Level</b>	<b>Activity #</b>
9:30-10:10a	Level 4/5	116101-4A	Level 4/5	116101-4B	Level 4/5	116101-4C	Level 4/5	116101-4D
9:30-10:10a	Level 2/3	116101-2A	Level 2/3	116101-2B	Level 2/3	116101-2C	Level 2/3	116101-2D
10:15-10:50a	Level 1	116101-1A	Level 1	116101-1B	Level 1	116101-1C	Level 1	116101-1D
10:15-10:50a	Pre-K	116101-8A	Pre-K	116101-8B	Pre-K	116101-8C	Pre-K	116101-8D
10:55-11:35a	P & C	116101-7A	P & C	116101-7B	P & C	116101-7C	P & C	116101-7D

# Parks

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## **NEW Dog Park Near Sandy Aragon Softball Complex!**

The City of Laramie is pleased to announce the opening of a new off-leash area for dogs! The new fenced, dog friendly, off-leash area is on the northern portion of the Sandy Aragon Softball Complex (on the Southeast corner of 22nd and Harney Streets). The new Sandy Aragon Dog Park utilized the old fencing material from the original dog park area at Optimist Park. Parks and Recreation staff would like to remind the public to please pick up after your pet when enjoying this great new amenity to our community. For questions or comments, please contact the Parks Manager's Office at 307.721.5264 or dschott@cityfolaramie.org.



**Optimist Park Redevelopment Project Completed:** The Optimist Park redevelopment project was completed in July to incorporate Optimist Park with the Laramie River Greenbelt Trailhead. The improvements include an expanded playground area, along with the relocated off-leash dog park on the north side of the park that includes areas for large and small dogs to play off-leash. This project was partially funded by a generous donation from the estate of Michael C. Humpreys.

**Cirrus Sky Technology Park Trail Project:** An important feature of the Cirrus Sky Technology Park development plan, of great interest to the community, is preserving the open Space and recreation value of the ridgeline. The city has dedicated approximately 32 acres of natural area and open space that will include a 1.4 mile shared use path connection with overlook areas between 15th Street and 30th Street. The trail project is scheduled for construction in the summer/fall of 2014.

**Imperial Heights Park Playground:** This new park is located between Sherman Hills Estates and the Imperial Heights subdivision. Planning for the development of this neighborhood park will begin in late 2013 with neighborhood meetings. Funding is allocated for the design and construction of a new playground within the park.

**West Gateway Entrance Beautification Project:** In the winter of 2013/14 the City will begin the conceptual design phase of the West Gateway Entrance Beautification project in partnership with the West Laramie Business Association. This planning effort will identify what type of beautification amenities/improvements (trees, shrubs, hardscape, lighting) the businesses and residents along the Snowy Range Road entrance corridor would prefer to see installed/constructed in the ROW on the north side of Snowy Range Road in future years.

**15th Street Landscaping Project:** This spring, landscaping will be completed from Bradley Street to Willett Drive. This phase will include replacing the remaining tie wall with landscape block, plant material and a drip irrigation extension.

**LaPrele and Washington Park Non Potable Irrigation:** The Park and Recreation Department is currently in the design phase of a non-potable irrigation system for LaPrele and Washington Parks. The system will use ground water from the Satanka and Casper aquifers for irrigation.

**Undine Park Pavilion Gazebo:** Parks and Recreation is beginning the process of the design phase to reconstruct an historic gazebo in Undine Park that will be similar to photos from the early 1920s, which depict concerts and public events.

**Park Facility Reservations:** Groups or organizations who wish to reserve picnic shelters or any recreation facilities such as the sand volleyball courts, horseshoe pits, softball fields, or basketball courts in any of the city parks must make reservations at least five days in advance. Please call 721-5269 or 721-5290 with questions or to check on shelter availability. To make a reservation, stop by the Recreation Center at 920 Boulder Drive and pick up a facility reservation form. Reservation forms can also be found online at [www.cityoflaramie.org/parkreservations](http://www.cityoflaramie.org/parkreservations). To process your reservation we must have a completed facility reservation form, payment and deposit. Please note that all park reservation fees are non-refundable. A damage deposit is also required for all park reservations. The reservation fee for the first two hours use of all city park facilities is \$25, then \$5 for each hour beyond the initial two hours. Different reservation fees are applicable for the Undine Park Splash Pad as well as all athletic field facilities. The reservation fee for the Undine Park Splash Pad is \$40 per hour for the first two hours and \$10 per hour for any additional hours reserved. Facility reservations for the Undine Park Splash Pad may only occur outside the normal hours of operation. The fee for all athletic field facilities is \$40 per hour for the first two hours and \$10 per hour for any additional hours reserved. Park shelters and facilities can be rented from 8:00 am to 9:00 pm, 7 days a week. If your event includes any type of amplified sound a noise variance permit will also be required. For more specific information on noise variance permits, call 721-5269 or 721-5290. Reservations are posted on the reservation boards located within all major park shelters. The shelter is cleaned prior to the event and checked after the completion of the event. Please note that park restrooms close for the season in mid-October due to the weather and will open in mid-April.

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

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

**Adopt A Park or Trail:** This volunteer program is sponsored by the Parks and Recreation Department and encourages citizens to get involved in various aspects of park maintenance. These agreements are typically with an individual or group of individuals who have a common interest in a specific park or recreation area. Individuals and groups can also adopt sections of the Greenbelt path or a neighborhood park. By adopting a recreation area, you are responsible for the maintenance and care of the area for the term of your agreement. Sponsorships are also available for those who wish to support local recreation areas but may not have the time to dedicate to maintenance. Sponsors and adopters are recognized on a sign for their contributions. For more information regarding adopting or sponsoring, call 721-5267.



# Parks

**Laramie Park Rules & Park Listing:** Pursuant to City Ordinance #12.52.050, the following rules and regulations for the Laramie Parks have been adopted and are enforced: \* Dogs must be on a leash. \* Remove feces at once. \* No golfing. \* No bikes on park pathways. \* No alcohol without permit. \* No overnight sleeping/camping. \* No damaging facilities. \* No vending without license. \* No damaging of vegetation. \* No metal detectors or digging.

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

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

**Greenbelt Path:** Paved bicycle and pedestrian path, 8.5 miles long, trailhead at Optimist Park



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

**Imperial Heights Park (Sherman Hills Rd & Morgan St):** 4.8 Acres to be developed in 2014

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

**Kiowa Park (Bannock & Kiowa):** Playground

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

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

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

**Laramie Park (Television & Armory):** Soccer Fields; Port-a-potty

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

**Optimist Park (W. Garfield & Spruce):** Trailhead for the Laramie River Greenbelt (Walk/run/skate/bike path); Optimist #1 (restrooms, 4 tables, BBQ's); Optimist #2 (2 tables, BBQ); Optimist Trailhead - 1 table; Basketball court; Playground; Dog Friendly Off Leash Dog Area; Nature/Bird Tour Guide; Historic Hahn's Peak Railroad interpretive sign; Benches; River fishing; Port-a-potty

**Sandy Aragon Softball Complex (22nd & Armory):** Softball Fields, Restrooms, Off Leash Dog Park

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

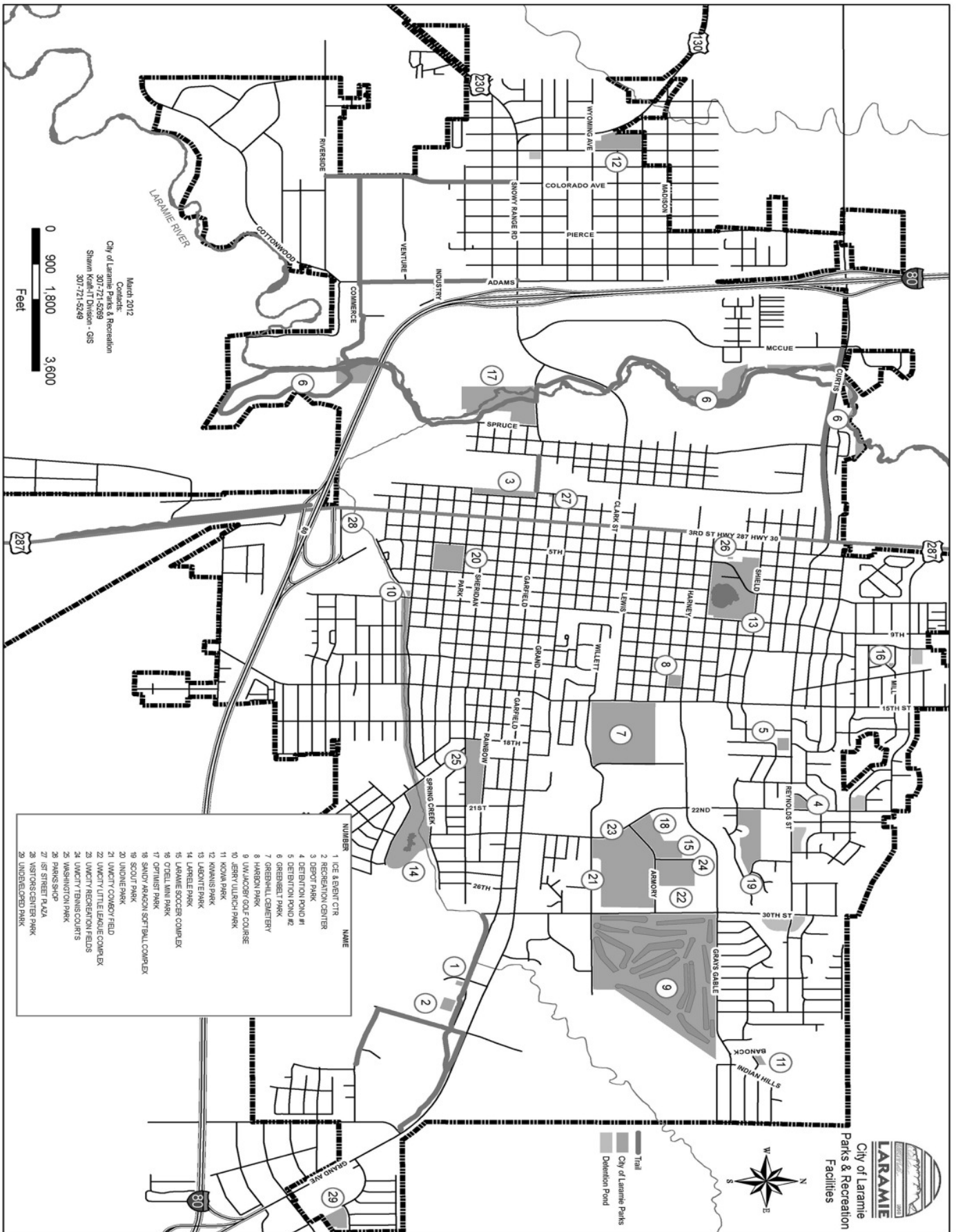
**Undine Park (5th & Ord):** Undine #1 (restrooms, 4 tables, BBQ's); Undine #2 (2 tables, BBQ's on west side of park); Undine #3 (2 tables, BBQ's on north side of park); Undine BBQ Pits & 4 tables; Splash Pad; Baseball backstop; lighted Tennis Court; Basketball Half Court; Sand Volleyball Court with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

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

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



# Parks



March 2012  
 City of Laramie Parks & Recreation  
 307-721-5269  
 Shawn Kestel, Director - GIS  
 307-721-5249

0 900 1,800 3,600  
 Feet

NUMBER	NAME
1	ICE SKATING CTR
2	RECREATION CENTER
3	OBERT PARK
4	DEFENTION POND #1
5	DEFENTION POND #2
6	GREENBET PARK
7	GREENHILL CENTER
8	HARBOR PARK
9	INDUCCY/ GOLF COURSE
10	SPRING CREEK PARK
11	WOMAN PARK
12	WOMAN PARK
13	WOMAN PARK
14	WOMAN PARK
15	WOMAN PARK
16	WOMAN PARK
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28	WOMAN PARK
29	WOMAN PARK

# Contact Information

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

Parks & Recreation Director  
Paul Harrison.....pharrison@cityoflaramie.org.....721-5260

Facilities Maintenance Manager  
Scott Stevenson...sstevenson@cityoflaramie.org.....721-3585

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

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

Parks Crew Supervisor  
Michael Robinson...mrobinson@cityoflaramie.org.....721-5257

Aquatics Supervisor  
Jason Stolz.....jstolz@cityoflaramie.org.....721-5263

Aquatics Coordinator  
Erin Swingholm...eswingholm@cityoflaramie.org.....721-5221

Recreation Program Supervisor  
Kason Walton.....kwalton@cityoflaramie.org.....721-5261

Recreation Guest Services Supervisor  
Kat Vialpando.....katv@cityoflaramie.org.....721-5251

Recreation Program Coordinator  
Cynthia Stoffers.....cstoffers@cityoflaramie.org.....721-5262

Recreation Program Coordinator  
Vacant.....721-5265

Mosquito Crew Supervisor  
Keith Wardlaw.....kwardlaw@cityoflaramie.org.....721-5258

Facilities Crew Leader  
Jason Hirsch.....jhirsch@cityoflaramie.org.....721-5227

Recreation Account Clerk  
Chrissie Henschler...chenschler@cityoflaramie.org.....721-5290

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

Cemetery Account Clerk  
Julie McGee.....jmcgee@cityoflaramie.org.....721-5267



**Recreation Center**  
920 Boulder Drive  
721-5269

**Parks & Rec Hotline**  
721-3575

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

**Stay Connected...**  
Visit our website:

[www.cityoflaramie.org/parksandrec](http://www.cityoflaramie.org/parksandrec)

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about closures or special events  
by clicking on  
**NOTIFY ME** at  
[www.cityoflaramie.org](http://www.cityoflaramie.org).

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

# Registration

## Ready to play?

Complete the registration form below and:

**Walk-in:** Recreation Center at 920 Boulder Drive

**Mail:** PO Box C Laramie, WY 82073

**Call:** 721-5269 or **Fax:** 721-5284



**Individual program registration dates may vary, but no registrations will be accepted prior to December 16<sup>th</sup> at 8 am.**



Registrations must include fees. Fees will not be accepted prior to scheduled registration. •Classes requiring minimum enrollment will be cancelled if minimum enrollment is not met by the registration deadline. A refund will be given if the class is cancelled. •Certain activity classes have limited enrollment. Please register early for those activities. •We accept cash, checks, Visa, and Mastercard. We do not want to deny anyone's ability to participate due to inability to pay. Please see page 3 for details on scholarships.

Recreation Center Class Refund Policy: •Full refunds will be given for cancellations that are received one or more working days before the activity is scheduled to begin.

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

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

# City of Laramie

# Parks & Recreation Guide

## Winter - Spring 2014



Visit Parks & Recreation's facebook page to stay informed on upcoming events and programs! Scan the QR code on your smartphone or visit:



[facebook.com/laramie.parksandrecreation](https://facebook.com/laramie.parksandrecreation)



Look for construction to begin on the Recreation Center and the Ice & Event Center expansion in late spring of 2014!

More information at:

[www.cityoflaramie.org/newprojects](http://www.cityoflaramie.org/newprojects)

**Give the perfect gift and save!**  
Recreation Gift Cards  
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Parks & Recreation  
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