Commerce CITY

COMMERCE CITY
PARKS, RECREATION AND GOLF GUIDE
Fall 2018

Registration opens August 6

c3gov.com/recreation





Enjoy these fall family favorites.

Fall is the perfect time of year to explore Commerce City's 21 parks, 25 miles of trails, more than 840 acres of parks and open space, and Buffalo Run championship golf course. With more than 200 recreation opportunities indoors and outdoors, Commerce City has something to offer for every season.

NEW! COOKING MATTERS CLASS Learn as a family how to shop for and cook healthy meals on a budget. Groceries, recipes and cooking tools provided to families. Ages 6-12 with adult (One child per adult)

Wed	10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14	FREE	7001.302	Eagle Pointe Recreation Center

NEW! FAMILY SUPER HERO NIGHT Calling all superheroes! Design and create a flashy superhero costume and show off your super skills with fun games at this family event. Ages 6-10 with an adult

Friday	10/12	5:30-7pm	$10/$12/person	7053.301	Bison Ridge Recreation Center

NEW! "TRUNK OR TREAT" Kids wear your costumes and get your trick-or-treating started off right with treats from our community partners. Ages 2-10 with an adult

Sat	10/27	1-4 p.m.	FREE	Pioneer Park

CREEPY HOLLOWS FRIGHT NIGHT Dance to the DJ, pose at the photo booth and wander through the haunted maze if you dare. Grades 6-12

Sat	10/27	7-10 p.m.	FREE	Bison Ridge Recreation Center

9HEALTH FAIR The fair provides free and low-cost screenings, as well as flu shots. There are also wellness activities and resources for improving health and fitness within your family. For more information on the 9Health Fair, visit www.9healthfair.org.

Sat	11/10	7 a.m.-Noon	FREE	Adams City High School

Turn to page 32 for a full list of family programs.

ADAMS COUNTY COLORADO

TREE CITY USA

playful city USA

COLORADO LOTTERY

LiveWell COLORADO

COMMERCE CITY CULTURAL COUNCIL

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

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

BISON RIDGE AND EAGLE POINTE HOURS
Mon-Fri • 5:30 a.m.-9:30 p.m.
Sat-Sun • 8 a.m.-5:30 p.m.
Pool closes half-hour before facility.

ACTIVE ADULT CENTER AT EAGLE POINTE
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

PARADICE ISLAND
5/26-8/5 • Mon-Sun • 10 a.m.-6 p.m.
8/11-8/26 • Sat-Sun • 10 a.m.-6 p.m.
9/1-9/3 • Sat-Mon • 10 a.m.-6 p.m.

BISON RIDGE AND EAGLE POINTE CLOSURES
Sept. 3
Nov. 22
Dec. 24 Closing at 1 p.m.
Dec. 25
Dec. 31 Closing at 1 p.m.
Jan. 1, 2019

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

DEPARTMENT STAFF
Carolyn J. Keith,
CPRP, Director
Karen A. O'Donnell,
CPRE, CTRS, Recreation Manager
Mike Brown,
Park Planning and Operations Manager
Paul Hebinck,
PGA, Golf Manager

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How To Read This Guide

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

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



Registration for summer classes opens **August 6.** 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!



RECREATION CENTER FEES (Effective August 6, 2018)

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

Resident Rates	20-visit	Monthly	Annual
Individual Adult	$64	$32	$200
Individual Child, Age 3-7	$16	$8	$62.50
Individual Youth, Age 8-17	$32	$16	$125
Individual Senior, Age 62+			$12
Household of two			$300
Household of four*			$450
*Each additional person	$30		

Nonresident Rates	20-visit	Monthly	Annual
Individual Adult	$100	$50	$390
Individual Child, Age 3-7	$64	$32	$250
Individual Youth, Age 8-17	$80	$40	$312.50
Individual Senior, Age 62+	$80	$40	$312.50
Household of two			$640
Household of four*			$952.50
*Each additional person	$35		
Corporate Rates	$80	$40	$312.50

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

Bison Ridge Child Watch

The Bison Ridge Recreation Center offers affordable child care to our guests while they are in the facility during peak times.

Hours (Up to 2 hours maximum)

Monday – Friday
8:45 a.m. – 1:15 p.m.

Monday – Thursday
4:45 p.m. – 8:15 p.m.

Saturday
8:45 a.m. – 12:15 p.m.

Rates

5 hour pass for $15
10 hour pass for $30
15 hour pass for $45

Policies

- Child Watch is for ages 6 months to 11 years old
- Space is limited and not guaranteed
- Additional hourly fee will be charged if child is not picked up within 10 minutes of session end time
- Child care reservations cannot be made in advance

THE RECREATION PLAY PASS IS ONE CARD WITH THESE GREAT BENEFITS

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

HOW TO PURCHASE THE PLAY PASS

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

RESIDENCY QUALIFICATIONS

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

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

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

INFORMATION

FALL REGISTRATION BEGINS AUGUST 6

Sign up online, in person or by phone

Three easy ways to register!

Phone

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

Online Registration with Active

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

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

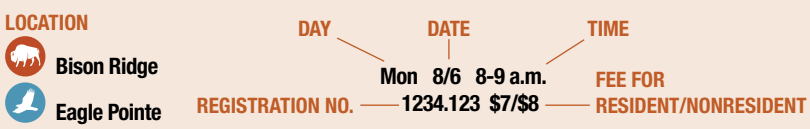
In Person

Eagle Pointe Recreation Center, 6060 E. Parkway Dr.
Bison Ridge Recreation Center, 13905 E. 112th Ave.

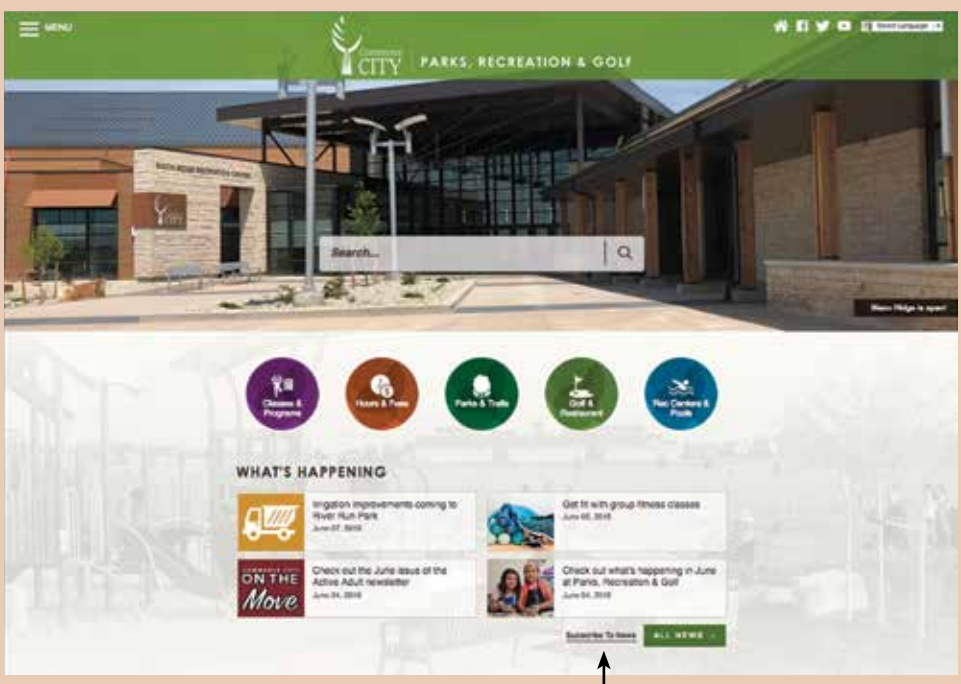
Mon-Fri • 5:30 a.m.-9:30 p.m.
Sat-Sun • 8 a.m.-5:30 p.m.

Want to know when classes are and the registration code?

Under each course description, specific information includes:



Connect with parks, recreation and golf!



Visit c3gov.com/recreation and click on the "Subscribe to News" button to sign up for news alerts or the Active Adult or Youth and Teen Newsletters!

INFORMATION

POLICIES AND OTHER INFORMATION

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

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

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

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

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

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

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

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

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

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

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.



FESTIVE FALL EVENTS

All events take place at the Active Adult Center at Eagle Pointe unless otherwise noted

Karaoke and Root Beer Floats

Unleash your inner rock star by performing some of your favorite songs at this event. Belt out your favorite tunes or cheer on your musically inclined friends while enjoying a classic root beer float.

Wed	9/5	5-7 p.m.	$5/$6
4601.305		Eagle Pointe	

Active Adult Community Dance Mixer

Commerce City is hosting a dance and inviting guests from other active adult centers in the region. Dress to impress, come ready to mix and mingle, and dance the night away. Grab your significant other or bring your friends, and enjoy an evening of food, drinks, music and dancing at the Eagle Pointe Recreation Center.

Fri	10/12	6-8 p.m.	$5/$6
4601.303		Eagle Pointe	

Biscuits and Gravy Breakfast

Enjoy hearty biscuits covered in yummy sausage gravy at the active adult center. This annual event benefits the Goodfriends Scholarship Program. Get your meal to go by calling 303-289-3756.

Thurs	10/25	7-10 a.m.	$3.50 at the door
		Eagle Pointe	

Hocus Pocus Movie and Trivia

Enjoy a viewing of the classic movie "Hocus Pocus" featuring Bette Midler, followed by Halloween trivia. Eat, drink and be scary as you munch on snacks. Decorate or wear a spooktacular shirt to enter the contest for best Halloween-themed shirt.

Mon	10/29	10 a.m.-1 p.m.	$5/6
4601.301		Eagle Pointe	

Domino Tournament

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 refreshments are provided.

Thur	11/15	11 a.m.-3 p.m.	$5/$6
4601.304		Eagle Pointe	

Senior Centers Got Talent

This is your chance to shine! Many of us have talents to share but lack the platform to display them. Whether you are a comedian, musician, story teller or artist, we want you to share your talents at this event hosted by the Senior Advisory Committees. Sign up with a committee member or Zach Roth at 303-289-3720 to reserve your spot on the stage.

Thur	11/29	6 p.m.	$4/$5
4601.306		Yellow Rose Event Center, 6490 E. 72nd Place	

Birthday Lunches

Catch up with your friends as we serve up a great, nutritionally balanced lunch with 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 and entertainment offering.

Tue	9/18	Noon	$7/$9
4201.301		Bison Ridge	
Tue	11/20	Noon	$7/$9
4201.302		Eagle Pointe	

Soup Days

Enjoy savory homemade potato soup at the active adult center while supporting the Goodfriends Scholarship Program. Cost is $3.50 for delicious homemade soup, a fresh roll and dessert. Get your meal to go by calling 303-289-3756.

Thur	11/15	11 a.m.-1 p.m.	$3.50 at the door

Soup: Potato

Holiday Events



Santa's Goodfriends Holiday Shop

Pick out the perfect Christmas decoration or knick-knack that your house is missing for the holiday season. Drop off your donated holiday items in the weeks leading up to the sale. All proceeds go to the Goodfriends Scholarship Program.

Tue	12/4	9 a.m.-1 p.m.	FREE
		Eagle Pointe	

It's a Wonderful Life Holiday Dinner

Enjoy the classic holiday film "It's a Wonderful Life" starring Jimmy Stewart and Donna Reed on the big screen at the Bison Ridge Recreation Center. A delicious soup and salad dinner along with dessert will be served during the movie. All ages are welcome for this fun-filled festive event. Must pre-register as tickets may go fast.

Wed	12/12	4-7 p.m.	$12/$13
4501.301		Bison Ridge	

Cookies and Caroling

Join the Music Makers and sing along to your favorite Christmas carols. Guests are invited to bring their favorite holiday treat to share.

Thurs	12/20	1-3 p.m.	FREE
		Eagle Pointe	

WELLNESS AND SELF-IMPROVEMENT CLASSES



Steps to Healthier Aging

Take a 12-week-long journey to better health. Join us twice a week for group exercise and nutrition education. Learn how to eat healthier and get moving through nutrition instruction and exercise classes taught by a Registered Dietitian and a Certified Fitness Professional from the Volunteers of America. At each nutrition lesson on Tuesday, food samples and healthy recipes are given to participants while the exercise classes on Thursdays utilize weights, thera-bands and pedometers to track steps. Pre-registration is required. **Use code 4701.304.**

Tue	9/4-10/23	10 a.m.-Noon Eagle Pointe	FREE
Thur	9/6-10/25	10 a.m.-Noon Eagle Pointe	FREE

Diabetes Self-Management Education Class: Ages 18 and older

Learn how to manage diabetes during a series of four classes led by registered dietitians from the Tri-County Health Department. Each session is interactive and will involve informative group discussion. Topics include diabetes overview, healthy eating, how to monitor blood sugar, diabetes medications, preventing long term complication and more. Friends and family members are welcome to attend for support. Participants are encouraged to attend all four classes! Pre-registration is required for this series.

Fri 4701.310	9/7	10 a.m.	FREE
Fri 4701.311	9/14	10 a.m.	FREE
Fri 4701.312	9/21	10 a.m.	FREE
Fri 4701.313	10/5	10 a.m.	FREE

All classes at Eagle Pointe.

Coloring Group

Coloring books aren't just for kids. Enjoy the many therapeutic benefits of coloring, whether it is improving fine motor skills following an injury, grounding yourself following a difficult time, or simply focusing on the art to calm your mind in this increasingly hectic world. Come feel the benefits in this free, drop-in group that meets the second and fourth Monday of every month. Coffee and all coloring supplies are provided.

Mon	9/10	10 a.m.	FREE
Mon	9/24	10 a.m.	FREE
Mon	10/8	10 a.m.	FREE
Mon	10/22	10 a.m.	FREE
Mon	11/12	10 a.m.	FREE
Mon	11/26	10 a.m.	FREE
Mon	12/10	10 a.m.	FREE
Mon	12/24	10 a.m.	FREE

All classes at Eagle Pointe.

Reflexology with Rita

Learn about the history and benefits of reflexology, how areas of the hand are approximate to the body's anatomy, and how to perform techniques on your own to reduce stress, increase circulation, and improve overall well-being. Taught by a certified reflexologist. Register for the class that works best for you as space is limited in each class.

Wed 4701.301	9/12	10-11:30 a.m. Eagle Pointe	$6/7
Wed 4701.302	9/26	10-11:30 a.m. Eagle Pointe	$6/7

Reentering the Workforce after 50

This series of five classes focuses on preparing adults ages 50 and older to reenter the workforce by reviewing and updating resumes, sharpening interview techniques, develop skills to bridge the generational gap and discover what's new in technological advancements. Attend one or all classes!

Part 1: Entering the Workforce

Begin the discussion about entering the workforce. How to overcome self-doubt, how to be realistic about the current state of the workforce, and discuss the options available to you.

Fri 4701.305	10/5	10 a.m. Eagle Pointe	$2/$3

Part 2: Resume Building

Learn how to create or update a resume, transfer experiences and knowledge into a resume, and how to create a business card.

Fri 4701.306	10/12	10 a.m. Eagle Pointe	$2/$3

Part 3: Where to Begin

Learn how to set up your own profile on LinkedIn and learn tips on how to find jobs using the internet. Discuss common interview questions and how to answer them.

Fri 4701.307	10/19	10 a.m. Eagle Pointe	$2/$3

Part 4: Preparing for Job Interviews

Part IV delves into the interview process. You will learn illegal interview questions, how to answer common job interview questions and proper dress code for the various types of jobs.

Fri 4701.308	10/26	10 a.m. Eagle Pointe	

Part 5: Mock Interviews

Apply skills learned in the course and participate in a 15-minute mock interview with potential employers. You'll be given



constructive feedback on how to improve your resume, dress, and answers to your interview questions.

Fri 11/2 10 a.m. $2/$3
4701.309 Eagle Pointe

Medicare 101 with Chaundra Price

The open enrollment period for Medicare kicks off in October. This discussion led by an insurance expert will delve into the different options for Medicare, new changes and how to enroll or change plans. Note the location of each class and choose the class that is most convenient for you.

Wed 10/10 10 a.m.
4751.301 Bison Ridge FREE

Thur 10/11 10 a.m.
4701.303 Eagle Pointe FREE

NEW Colorado Talking Book Library

The Eagle Pointe Recreation Center has partnered with the Colorado Talking Book Library to bring those with vision impairments or vision loss access to free service audio, braille and large print books or magazines. See Steve Latham for more details or to use equipment.

Technology is Hard

Visit with the older adult/senior center's "tech geek." Steve Latham, resources specialist, 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.

Life Isn't Easy

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.

9/3, 9/17, 10/1, 10/15, 11/5, 11/19, 12/3, 12/17
10-11:30 a.m. Eagle Pointe

Health Services

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

All drop-in activities take place at the Active Adult Center at Eagle Pointe

DROP-IN FOR FREE AND FUN ACTIVITIES

Activity	Day	Time
Billiards	Mon-Fri	8:30 a.m.-4:30 p.m.
Jigsaw Puzzles	Mon-Fri	8:30 a.m.-3:30 p.m.
Dominos	Mon	Noon
Scrapbooking	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	Wed	9-11 a.m.
Rummikub	Wed	Noon
Bingo	4th Thur	1 p.m.
Beading	Fri	10 a.m.-Noon
Card games	Fri	1 p.m.
Coloring Group	2nd and 4th Mon	9 a.m.
Walking Group	1st and 3rd Fri	10 a.m.

We want your feedback on classes and programs. Share your ideas at c3gov.com/prgsurvey.

TRAVEL ON A DAY TRIP



Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
			SEPTEMBER				
9/7	Fri	4501.312	Terry Bison Ranch *See the prairie the way the pioneers did when they went through this area in covered wagons Fee includes lunch and bison train ride.*	Cheyenne, WY	3	8:30 a.m.-6 p.m.	$21/22
9/13	Thur	4501.301	Idaho Springs *Relax in the hot mineral waters at Idaho Springs. Admission fee separate.*	Idaho Springs	3	8:30 a.m.-4 p.m.	$10/11
9/15	Sat	4501.313	Union Station Farmer's Market *Shop for farm fresh food and goodies from local vendors outside of Union Station.*	Denver	2	10 a.m.-2 p.m.	$7/8
9/19	Wed	4501.314	Diner, Drive-in & Dives *Watch an episode of this popular Food Network show, then travel to the restaurant to enjoy the food!*	Denver	1	10:30 a.m.-2 p.m.	$7/8
9/20	Thur	4501.315	Mile High Spirits Tour *See how the grain-to-bottle products are made and learn about the brewing and distilling process.*	Denver	2	9:15 a.m.-2 p.m.	$7/8
9/21	Fri	4501.308	Gone Fishing *Please bring a sack lunch, fishing gear, camp chair and fishing license (if planning on fishing).*	T.B.A.	3	8:30 a.m.-5 p.m.	$6/7
9/24	Mon	4501.304	Dinner Out- Pepper Pod *Enjoy an American meal at this family restaurant built in 1913.*	Hudson	1	4:30 p.m.-8 p.m.	$7/8
9/27	Thur	4501.316	Rockies vs Philadelphia Phillies *Cheer on the Colorado Rockies baseball team from shaded seats.*		3	Noon-5 p.m.	$25/26
			OCTOBER				
10/1	Mon	4501.317	Circle of Animals by Ai Weiwei *View the twelve bronze animal heads representing the traditional Chinese zodiac from this acclaimed Chinese contemporary artist.*	Denver	3	10:30 a.m.-2 p.m.	$7/$8
10/3	Wed	4501.318	Baldpate Inn & Elk Bugling *A favorite fall trip to view the elks, including a soup and salad bar lunch at Baldplate Inn. Lunch costs on own.*	Estes Park	3	1 p.m.-10 p.m.	$8/9
10/4	Thur	4401.301	Shop Around Town (Thrift) *Shop for bargains at local thrift stores in the Denver area.*	Denver Area	2	9 a.m.-4 p.m.	$7/$8
10/10	Wed	4501.310	Gambling *An Old West-style storefront houses this casino with slots, video poker, light eats, and a bar. Bring your spending money!*	Bull Durham	3	9 a.m.-3 p.m.	$7/8
10/11	Thur	4501.319	International Cuisine *Sample exciting international cuisine in this dining series.*	Denver Area	1	10:30 a.m.-1 p.m.	$7/$8
10/16	Tue	4501.320	Aspen Art Museum *Enjoy paintings, sculptures, multimedia installations and electronic media at this contemporary art museum.*	Aspen	3	9 a.m.-5 p.m.	$8/9
10/17	Wed	4501.303	Mystery Trip *Shhh…it's a secret! Take a surprise mystery trip with staff.*	???	2	9:00 a.m.-5 p.m.	$10/11
10/18	Thur	4501.309	Gone Fishing *Please bring a sack lunch, fishing gear, camp chair and fishing license (if planning on fishing).*	T.B.A.	3	8:30 a.m.-.5 p.m.	$6/7
10/20	Sat	4501.321	Apple Fest *Visit a Colorado apple orchard, enjoy live music, barbecue, and hay rides. Fee includes dinner.*	Longmont	3	12 p.m.-8 p.m.	$35/36
10/22	Mon	4501.305	Dinner Out- Wishbone *Enjoy American comfort food at this family-owned restaurant that has been open since 1963.*	Westminster	1	4:30 p.m.-8 p.m.	$7/8
10/24	Wed	4501.322	Lunch & Movie *Enjoy lunch and a movie with friends. Lunch cost separate.*	Arvada	1	10:30 a.m.-3 p.m.	$7/8



FESTIVE HOLIDAY EVENTS

Date	Day	Activity #	Title	Location	Level	Time	Fee R/NR
NOVEMBER							
11/1	Thur	4501.323	The Wizard's Chest Shopping *Shop at this unique toy and costume store with hands-on displays.*	Denver	1	9:15 a.m.-2 p.m.	$7/8
11/9	Fri	4501.324	GrowHaus Tour *Visit this indoor farm, marketplace and educational center in Denver's Elyria-Swansea neighborhood.*	Globeville	2	11 a.m.-3 p.m.	$19/20
11/12	Mon	4501.325	The Denver Zoo *Get nose to beak with a penguin or get the insider's scoop on elephants and more at the Denver Zoo. Admission fee separate.*	Denver	3	10 a.m.-4 p.m.	$7/8
11/13	Tue	4501.302	Idaho Springs *Relax in the hot mineral waters at Idaho Springs. Admission fee separate.*	Idaho Springs	3	8:30 a.m.-4 p.m.	$10/11
11/14	Wed	4501.326	Boulder Dinner Theater "A Christmas Story" *Follow the wintry exploits of youngster Ralphie Parker in this theater production. Fee includes dinner and show.* ***Register by Oct. 1.***		1	4:45 p.m.-11 p.m.	$50/51
11/16	Fri	4501.327	Diner, Drive-in & Dives *Watch an episode of this popular Food Network show, then travel to the restaurant to enjoy the food!*	Denver Area	1	10:30 a.m.-2 p.m.	$7/8
11/23	Fri	4501.328	"Catch The Glow Christmas Parade" *Enjoy the lighted Christmas parade and more on main street. Meal costs separate.*	Estes Park	3	1 p.m.-10 p.m.	$7/8
11/26	Mon	4501.306	Dinner Out "Moonlight Diner" *Enjoy classic comfort food in this boxcar-shaped diner adorned with old-time memorabilia. Dinner cost separate.*	Denver	1	4:30 p.m.-8 p.m.	$7/8
11/30	Fri	4501.329	Blossoms of Lights *Celebrate the season with a dazzling display of light and color.*	Denver	3	4:15 p.m.-8 p.m.	$20/21
DECEMBER							
12/1	Sat	4501.330	Holiday Craft Bazaar *Shop for art, crafts, goodies and more from local vendors. Lunch cost separate.*	Brighton	2	9 a.m.-2 p.m.	$9/10
12/5	Wed	4501.331	Lunch Out "Zeppelin Station" *Explore a collection of innovative chefs and merchants. Lunch cost separate.*	Denver	1	10:30 a.m.-2 p.m.	$7/8
12/6	Thur	4401.302	Shop Around Town (Outlet) *Shop for bargains at local outlet stores. Lunch cost separate.*	Denver Area	2	9 a.m.-4 p.m.	$7/8
12/7	Fri	4501.332	Christkindl Market *Enjoy the holiday sights, sounds, smells and tastes at this annual market in the heart of downtown.*	Denver	3	3:30 p.m.-8 p.m.	$7/8
12/13	Thur	4501.334	Leanin Tree & Celestial Seasonings *Two tours! Watch as blank paper is transformed into beautiful greeting cards, then learn how tea is made.*	Boulder	3	9 a.m.-3.p.m.	$7/8
12/14	Fri	4501.311	Gambling, The Century Casino *Take in the mountain scenery on the way to Central City. Bring your spending money!*	Central City	3	9 a.m.-3 p.m.	$7/8
12/17	Mon	4501.307	Dinner Out "Cinnzetti's" *Enjoy all-you-can-eat pasta, chicken, and desserts in aTuscan village setting. Dinner cost separate.*	Northglenn	1	4:30 p.m.-8 p.m.	$7/8
12/19	Wed	4501.333	Pepsi Center Tour *See where the Nuggets, Avalanche, and Mammoth call home. Lunch cost separate.*	Denver	3	9:15 a.m.-3 p.m.	$7/8
12/26	Wed	4501.335	Breakfast Out "Four Friends" *Dine on a Southern-inspired breakfast in a contemporary atmosphere. Breakfast cost separate.*	Denver	1	8 a.m.-11 a.m.	$7/8



Adult Guitar: Ages 16 and older

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

Sat	9/8-10/3	12:15-1 p.m.
$32/$37	8201.301	
Sat	11/3-12/15*	12:15-1 p.m.
$32/$37	8202.301	

*No class 11/24

Youth Guitar: Ages 8-15

Learn basic chords, how to read music charts and reinforce your learning by playing songs. The level 2 class expands on the basics learned in level 1, but allows the teacher further instruction as students continue to advance. Must supply own acoustic guitar. All sheet music provided. Instructor may move students between levels in the best interest of the student.

Level 1

Sat	9/8-10/13	10:15-11 a.m.
$32/$37	8211.301	
Sat	11/3-12/15*	10:15-11 a.m.
$32/$37	8212.301	

*No class 11/24

Level 2

Sat	9/8-10/13	11:15 a.m.-Noon
$32/$37	8221.301	
Sat	11/3-12/15*	11:15 a.m.-Noon
$32/$37	8222.301	

*No class 11/24

Ceramics Lab: Ages 13 and older

Express your creativity and explore different ceramic art techniques including painting, carving and other methods 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.

Tuesday	9 a.m.-Noon
Wednesday	6-9 p.m.

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

Square Dancing Lessons: Ages 18 and older

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

Thursdays 1:30-2:30 p.m. $5 drop-in Eagle Pointe

Line Dance: Ages 18 and older

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.

Mondays 1:30-3 p.m.
5 visit punch card for $25 or $6 drop in.

We want your feedback on classes and programs. Share your ideas at c3gov.com/prgsurvey.



LEARN AND CREATE WITH NEW CULINARY AND TECH SKILLS

NEW! Culinary Classes: Ages 18 and older

Learn, cook and eat with hands-on cooking classes covering a wide range of cuisines and cooking styles where you are the chef! Each recipe is demonstrated by chef Chelly Klan in the in the top-of-the-line kitchen space at the Bison Ridge Recreation Center. When dishes are ready, the class will enjoy their masterpiece together. Groceries and kitchen clean-up provided!

Green Chile
Green chile season is here! Learn how to make New Mexican sauce, Denver Stew, and a fresh salsa style.

Thur	9/6	5:30-8pm
$35/$40	4151.301	Bison Ridge

Bread Baking
Learn the recipes and techniques to create your own perfectly baked French baguettes and brioche.

Thur	10/18	5-8pm
$35/$40	4151.302	Bison Ridge

Yummy Cupcakes!
Mix, bake, frost and decorate German chocolate, pina colada, lemon meringue and espresso mini cakes.

Tues	10/30	5:30-8pm
$35/$40	4151.303	Bison Ridge

Authentic Tamales
Learn to make these delicious masa filled treasures. We'll fill, wrap, eat and take home five favorites–pork, chicken, cheese and green chili and sweet dessert tamales.

Mon	11/19	5:30-8pm
$35/$40	4151.304	Bison Ridge

Pizza
Learn how to create the best pizza in town in your own kitchen. We'll make fresh dough, great toppings, and a sweet Nutella pizza for dessert.

Wed	11/28	5:30-8pm
$35/$40	4151.305	Bison Ridge

Crepes
Master the art of crepe making. Make both sweet and savory crepes, and stuff them with a variety of homemade fillings including cheese sauce, Nutella, almond butter and whipped cream.

Mon	12/10	6-8pm
$35/$40	4151.306	Bison Ridge

Technology is Hard

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 Active Adult Center's "tech geek" will attempt to answer your questions. Call Steve Latham at 303-289-8108 to make an appointment.

Every 2nd and 4th Wed of each month.	9-11 a.m. Eagle Pointe

NEW! Technology Classes: Ages 18 and older

Learn, connect and grow your tech skills! Classes cover everything from email basics to Pinterest pages led by the experts from Silver Surfers Digital Media. Get empowered, informed, and excited about digital connectivity.

What the App?

Mon	9/17	1:30-3:30pm
$20/$25	4051.301	Bison Ridge

What is the Cloud and How do I use it?

Tues	10/2	1:30-3:30pm
$20/$25	4051.302	Bison Ridge

Intro to iPhone/iPad (Part 1)

Tues	10/30	1:30-3:30pm
$20/$25	4051.303	Bison Ridge

Intro to iPhone/iPad (Part 2)

Tues	11/6	1:30-3:30pm
$20/$25	4051.304	Bison Ridge

Online Shopping for the Holidays

Mon	11/19	1:30-3:30pm
$20/$25	4051.305	Bison Ridge

FALL AQUATIC PROGRAMS TAKE PLACE AT BISON RIDGE



Eagle Pointe Recreation Center pool is closed

The indoor pool and locker rooms at Eagle Pointe Recreation Center are closed for renovations. All aquatic programs and drop in activities for fall 2018 will take place at the Bison Ridge Recreation Center.

The renovated aquatics area at Eagle Pointe will include a new therapy pool, family locker rooms and relocated steam room. Construction is expected to be complete by the end of 2018 and the pool will reopen for lessons, programs and other activities at that time.

For more information, visit c3gov.com/QCL or call 303-C3-WORKS (303-239-6757).
Sign up for project email alerts at c3gov.com/subscribe.

Bison Ridge Recreation Center Indoor Pool Information

Located at 13905 E. 112th Ave., the 108,000-square-foot Bison Ridge Recreation Center features an indoor pool.The pool features an an indoor/outdoor slide that allows for a custom light show and music, lazy river, and fitness swim area.

Swim lessons start September 10 and pre-registration is required.



Fall aquatic programs take place at the new Bison Ridge Recreation Center.



POOL RULES

Please observe these safety guidelines and policies during your visit

- **Instructions from the lifeguard must be obeyed at all times**
  - Be courteous. Foul language, horseplay, fighting or abusive behavior will not be tolerated.
- **Proper swim attire is required**
  - Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.
  - Personal safety devices must be removable and non-inflatable. Water wings, floatation suits, and swim trainers are not allowed.
- **Age requirements**
  - Children ages 5 and younger must be accompanied in the water and remain within arm's reach of an adult, age 18 or over, at all times.
  - A person age 16 or older must remain on the pool deck and directly supervise any child between the ages of 6-11 in the pool.
  - Children ages 12 and older may swim without adult supervision.
  - Children who are not toilet trained must wear swim diapers.

Additional guidelines:

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

MAKE A SPLASH WITH A BIRTHDAY BASH AT BISON RIDGE

Make a splash at your next birthday party. Patrons of all ages can take advantage of this unique party setting on Saturdays or Sundays from Noon-2 p.m. or 2:30-4:30 p.m.

Reservations are required two weeks in advance and payment is due when your party is reserved.

Choose from two party package options:
Option A includes: Room Rental (2 hours), Pool Party Host
Option B includes: Room Rental (2 hours), Pool Party Host, and Party Decorations with party favors, table covers, and balloon bouquet.

For information on how to reserve your party, please call 303-289-3669.

Rates*

Resident Rates

	Single Room (Up to 15 people)	Double Room (Up to 30 people)
Option A	$115	$190
Option B	$140	$230

Nonresident Rates

	Single Room (Up to 15 people)	Double Room (Up to 30 people)
Option A	$150	$260
Option B	$175	$300

**Rates include admission and full two-hour use of room. (Guests may stay and swim after the party in the pool area, but the room must be cleared out at the end of the two-hour period).*

SWIM ON YOUR SCHEDULE

Bison Ridge Pool Schedule

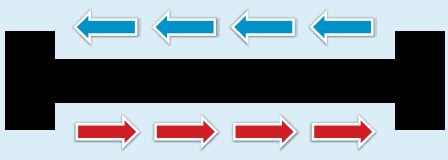


Adult Swim (Ages 18 and older)	Open Swim *(All ages)	Lap Swim (Lane sharing required)	Water Slide (Must be 48 in. or taller to ride)	Programs (Pool available for adults, drop-in AquaFit, and registered classes only)
Mon - Fri 5:30-10 a.m. **Mon/Wed** 5:30-7:30 p.m. **Tue/Thur** 5-7:30 p.m. **Saturday** 8 a.m. - Noon **Sunday** 8-10 a.m.	**Mon/Wed** 10 a.m. - 5:15 p.m. 7:30-9 p.m. **Tue/Thur** 10 a.m. - 4:45 p.m. 7:30-9 p.m. **Friday** 10 a.m. - 9 p.m. **Saturday** Noon-5 p.m. **Sunday** 10 a.m. - 5 p.m. *** Lap lanes available during scheduled lap swim times.**	**Mon - Fri** 5:30 - 7:45 a.m. **Mon/Wed/Fri** 9 a.m. - 5:15 p.m. **Tue/Thur** 10 a.m. - 4:45 p.m. 5-7:30 p.m. (one lane only) **Friday** 9 a.m. - 4 p.m. **Saturday** 8-9 a.m. **Sunday** 8-10 a.m.	**Mon/Wed** Noon-5:15 p.m. 7:30-9 p.m. **Tue/Thur** Noon-4:45 p.m. 7:30-9 p.m. **Friday** Noon-9 p.m. **Saturday/Sunday** Noon-5 p.m.	**AquaFit** **Fluid Motion** 8-9 a.m. (Mon/Wed/Fri) **Liquid Silver** 8-9 a.m. (Tue/Thur) **Hydro Power** 6:30-7:30 p.m. (Tue/Thur) **Aqua Zumba** 6:30-7:30 p.m. (Mon) **Swim Lessons** **Mon/Wed** 5:30-7:30 p.m. **Tue/Thur** 9-10 a.m. and 5-7:30 p.m. **Saturday** 9 a.m.-Noon **Adult River Walking** **Mon/Wed** 5:30-7:30 p.m. **Tue/Thur** 5-7:30 p.m. **Saturday** 9 a.m.-Noon

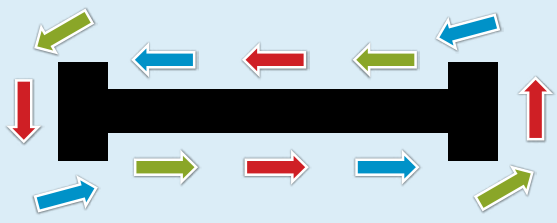
Lap Swim

Lanes reserved for lap swimming only. Lane sharing is required. Refer to the diagram below for lane sharing instructions. Adults only please during scheduled adult swim times.

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



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



AQUATICS



FIND THE PROGRAM FOR YOUR ABILITY

WHAT ARE THE 6 PROGRAM LEVELS?

Level 1 Water Adjustment

is appropriate if your child:

- Has a fear of the water
- Will not put their face in the water
- Can hold on to the side of the pool independently

~ Designed for children who are new to, or slightly afraid of, the water.

Level 2 Fundamentals

is appropriate if your child:

- Will put their face in the water
- Can perform a supported float without apprehension
- Will explore the water freely without fear

~ Teaches independent floating, basic stroke techniques and water safety.

Level 3 Independent Swim

is appropriate if your child:

- 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

~ Combines breathing, stroke technique and distance swimming.

Level 4 Stroke Techniques

is appropriate if your child:

- Can swim half the pool length without stopping
- Is efficient in side breathing technique
- Can jump into 9 feet of water without assistance

~ Builds endurance and improves stroke techniques.

Level 5 Stroke Mechanics

is appropriate if your child:

- Can efficiently swim 1 pool length without stopping
- Can tread water continuously for at least 3 minutes
- Has been introduced to all kicking and stroke styles

~ Refines strokes in preparation for competitive swimming.

Level 6 Swim Team Prep

is appropriate if your child:

- Can swim a minimum of 2 laps without stopping
- Is efficient in all competition strokes (front crawl, backstroke, butterfly, and breast stroke)

~ Focuses on endurance and competitive swimming skills.

Unsure which level is best for your child?

Call the aquatics office at 303-289-3669 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.

See pages 16-17 for lesson fees and schedule.

LESSON REGISTRATION

All lessons take place at Bison Ridge Recreation Center



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

SPACE IS LIMITED AND AVAILABLE CLASS SPACE CANNOT BE GUARANTEED.

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

COMMERCE CITY RESIDENTS ONLY
Online Registration: Opens at 10 a.m.
Session 1: Tuesday, September 4
Session 2: Monday, October 15

RESIDENTS AND NON-RESIDENTS
Walk-in & Phone Registration: Opens at 10 a.m.
Session 1: Wednesday, September 5
Session 2: Tuesday, October 16

Registration closes at 5:30 p.m.
Session 1: Thursday, September 6
Session 2: Wednesday, October 17

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

- To set up an online registration account, visit https://apm.activecommunities.com/c3gov/Home
- Once your account has been activated, please call the registration office at 303-289-3789 or the aquatics office at 303-289-3669 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.

Swimming Lesson Fees

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

MONDAY/WEDNESDAY EVENING SWIMMING LESSONS

Level	Class time	Session 1 9/10-10/10	Session 2 10/22-11/21
Water Adjustment/Level 1 ages 3-5	5:30-5:55 p.m. 6-6:25 p.m. 6:30-6:55 p.m. 7-7:25 p.m.	6151.307 6151.308 6151.309 6151.310	6152.307 6152.308 6152.309 6152.310
Fundamentals/Level 2 ages 3-5	6:30-6:55 p.m. 7-7:25 p.m.	6251.309 6251.310	6252.309 6252.310
Fundamentals/Level 2 ages 6-12	5:30-6:15 p.m.	6261.304	6262.304
Independent Swim/Level 3 ages 3-5	5:30-5:55 p.m. 7-7:25 p.m.	6351.307 6351.308	6352.307 6352.308
Independent Swim/Level 3 ages 6-12	6-6:45 p.m.	6361.304	6362.304
Swim Team Prep/Level 6 ages 8-17	5:30-6:30 p.m.	6861.302	6862.302

TUESDAY/THURSDAY EVENING SWIMMING LESSONS

Level	Class time	Session 1 9/11-10/11	Session 2* 10/23-11/22
Water Adjustment/Level 1 ages 3-5	9-9:25 a.m. 5-5:25 p.m. 5:30-5:55 p.m.	6151.301 6151.302 6151.303	6152.301 6152.302 6152.303
Fundamentals/Level 2 ages 3-5	9-9:25 a.m.	6251.301	6252.301



	9:30-9:55 a.m. 6-6:25 p.m. 6:30-6:55 p.m. 7-7:25 p.m.	6251.302 6251.303 6251.304 6251.305	6252.302 6252.303 6252.304 6252.305
Fundamentals/Level 2 ages 6-12	5:30-6:15 p.m. 6:30-7:15 p.m.	6261.301 6261.302	6262.301 6262.302
Independent Swim/Level 3 ages 3-5	9:30-9:55 a.m. 5-5:25 p.m. 5-5:25 p.m. 6-6:25 p.m.	6351.301 6351.302 6351.303 6351.304	6352.301 6352.302 6352.303 6352.304
Independent Swim/Level 3 ages 6-12	5-5:45 p.m. 6:30-7:15 p.m.	6361.301 6361.302	6362.301 6362.302
Stroke Techniques/Level 4 ages 6-12	5:30-6:15 p.m.	6451.301	6452.301
Stroke Mechanics/Level 5 ages 6-12	6:30-7:15 p.m.	6551.301	6552.301

**no class 11/22 due to Thanksgiving Holiday*

SATURDAY MORNING SWIMMING LESSONS

Level	Class time	Session 1 9/15-10/13	Session 2 10/27-11/24
Water Babies/Ages 6-17 months	9-9:25 a.m.	6051.301	6052.301
Parent-tot/Ages 18 months-2 years	9:30-9:55 a.m.	6051.302	6052.302
Water Adjustment/Level 1 ages 3-5	9-9:25 a.m. 10-10:25 a.m. 11-11:25 a.m.	6151.304 6151.305 6151.306	6152.304 6152.305 6152.306
Fundamentals/Level 2 ages 3-5	9:30-9:55 a.m. 10:30-10:55 a.m. 11:30-11:55 a.m.	6251.306 6251.307 6251.308	6252.306 6252.307 6252.308
Fundamentals/Level 2 ages 6-12	11-11:45 a.m.	6261.303	6262.303
Independent Swim/Level 3 ages 3-5	10-10:25 a.m. 11:30-11:55 a.m.	6351.305 6351.306	6352.305 6352.306
Independent Swim/Level 3 ages 6-12	10:30-11:15 a.m.	6361.303	6362.303
Stroke Techniques/Level 4 ages 6-12	9-9:45 a.m. 10-10:45 a.m.	6451.302 6451.303	6452.302 6452.303
Stroke Mechanics/Level 5 ages 6-12	9-9:45 a.m. 10-10:45 a.m.	6551.302 6551.303	6552.302 6552.303
Swim Team Prep	11 a.m.- Noon	6861.301	6862.301

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			
Hydro Power	Tue/Thur 6:30-7:30 p.m.					X	X
Aqua Zumba	Mon 6:30-7:30 p.m.	X			X		

EAGLE POINTE RENOVATION CLOSURES

As renovation work picks up steam at the Eagle Pointe Recreation Center, several areas are closed to help ensure safe and fast construction. These closures are expected to last for the remainder of the project, which is scheduled for completion at the end of this year.

The city has timed these closures to coincide with the opening of the new Bison Ridge Recreation Center and Paradice Island Pool at Pioneer Park to ease the inconvenience to users.

Eagle Pointe Recreation Center Closure Information:

- Gymnasium closes August 20
- Swimming pool closed
- Locker rooms, second floor fitness area (cardio/circuit/free weights), racquetball courts, group exercise rooms and gymnastics area closed
- The south entrance will remain closed until late August. Visitors can still use the north entrance until that time.

The following areas will remain open throughout the renovations:

- Active Adult Center
- Multipurpose Rooms

During the closures at Eagle Pointe, residents are invited to use and explore the Bison Ridge Recreation Center, located at 13905 E. 112th Avenue.

Thank you for your patience as crews work hard to complete the renovations as quickly and safely as possible. Remember to pay attention to construction signs and use caution when visiting. Patrons will be notified of major impacts through the recreation center email list and the front desk. For more information or to sign up for news and alerts, visit c3gov.com/QCL or call the project hotline at **303-C3-WORKS**.



Crews installed new walls as part of the Eagle Pointe Recreation Center's expanded aquatics area, which will re-open with a new therapy pool when the renovations are complete at the end of this year.



FALL IN LOVE WITH DANCE

The age range included with dance class descriptions is a general guideline. Instructors will recommend the appropriate class level for students based on their skills. Students who start in one class might be asked to move to a different class in an effort to match abilities. Fall classes will end with a winter dance performance in December. Performing classes will have an additional costume fee of $50 for the performance.

Register early to take advantage of discounted class fees.

Creative Movement: Ages 3-4

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.

Mon*	9/10-12/10	5:30-6 p.m.	
1001.301	by 9/4	$60/$70	
	on 9/5	$70/$80	

**No class 11/5.*

Thu*	9/13-12/13	5:30-6 p.m.	
1001.302	by 9/4	$60/$70	
	on 9/5	$70/$80	

**No class 11/1.*

Wed*	9/12-12/12	5:30-6 p.m.	
1051.301	by 9/4	$60/$70	
	on 9/5	$70/$80	

**No class 10/31.*

Thu*	9/13-12/13	6:30-7 p.m.	
1051.302	by 9/4	$60/$70	
	on 9/5	$70/$80	

**No class 11/1*

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*	9/10-12/10	6-6:45 p.m.	
1101.301	by 9/4	$68/$78	
	on 9/5	$78/$88	

**No class 11/5.*

Thu*	9/13-12/13	6-6:45 p.m.	
1101.302	by 9/4	$68/$78	
	on 9/5	$78/$88	

**No class 11/1.*

Thu*	9/13-12/13	7-7:45 p.m.	
1151.301	by 9/4	$68/$78	
	on 9/5	$78/$88	

**No class 11/1.*

Beginning, Ages 7-8

Thu*	9/13-12/13	6:45-7:45 p.m.	
1151.302	by 9/4	$71/$81	
	on 9/5	$81/$91	

**No class 11/1*

Thu*	9/13-12/13	6:45-7:45 p.m.	
1101.303	by 9/4	$71/$81	
	on 9/5	$81/$91	

**No class 11/1*

Advanced Beginning, by instructor invitation only

Thu*	9/13-12/13	7:45-8:30 p.m.	
1112.302	by 9/4	$68/$78	
	on 9/5	$78/$88	

**No class 11/1.*

Intermediate, by instructor invitation only

Mon*	9/10-12/10	6:45-7:30 p.m.	
1121.301	by 9/4	$68/$78	
	on 9/5	$78/$88	

**No class 11/1.*

Advanced, by instructor invitation only

Mon*	9/10-12/10	7:30-8:15 p.m.	
1141.301	by 9/4	$68/$78	
	on 9/5	$78/$88	

**No class 11/5.*

DARE TO DANCE

Class lineup offers something for all ages



Beginning Poms: Ages 8-12

The poms program prepares dancers for high school 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.

Wed*	9/12-12/12	6-7 p.m.
1451.301	by 9/4	$71/$81
	on 9/5	$81/$91

**No class 10/31.*

Advanced Poms, Ages 13-15

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. This program is taught by a former all-conference poms captain.

Tue*	9/11-12/11	7:30-8:30 p.m.
1412.301	by 9/4	$71/$81
	on 9/5	$81/$91

**No class 11/6.*

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.

Wed*	9/12-12/12	7-8 p.m.
1391.301	by 9/4	$71/$81
	on 9/5	$81/$91

**No class 10/31.*

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*	9/11-12/11	5:30-6:30 p.m.
1201.301	by 9/4	$71/$81
	on 9/5	$81/$91

**No class 11/6.*

Tue*	9/11-12/11	5:30-6:30 p.m.
1251.301	by 9/4	$71/$81
	on 9/5	$81/$91

**No class 11/6.*

Intermediate Level, ages 11-16

Tue*	9/11-12/11	6:30-7:30 p.m.
1211.301	by 9/4	$71/$81
	on 9/5	$81/$91

**No class 11/6.*

Tue*	9/11-12/11	6:30-7:30 p.m.
1261.301	by 9/4	$71/$81
	on 9/5	$81/$91

**No class 11/6.*

Advanced Level, by instructor invitation only

Tue*	9/11-12/11	7:30-8:30 p.m.
1241.301	by 9/4	$71/$81
	on 9/5	$81/$91

**No class 11/6.*

NEW Ballet Folklorico: Ages 9-14

Make new friends, get some exercise, and twirl colorful skirts as you learn the steps of traditional dances from the Mexican culture.

Thu*	9/13-12/13	8-9 p.m.
1351.301	by 9/4	$71/$81
	on 9/5	$81/$90

**No class 11/1*





GROUP FITNESS CLASSES
Bison Ridge and Eagle Pointe

GROUP FITNESS CLASS DESCRIPTIONS

Group fitness classes are included with a recreation center membership or punch card. Participants must be 16 years of age or older to participate in classes. Classes are limited to the first 35 people maximum and cycling classes are limited to the first 13 riders. SilverSneakers® classes do not require a SilverSneakers® membership to attend.

Patrons must be 14 years of age or older to access the cardio space and use fitness equipment.

AQUA

Aqua Zumba®
Combines the Zumba formula and philosophy with traditional aqua fitness disciplines, for a safe and challenging water-based workout that is cardio conditioning, body toning, and most of all exhilarating.

Fluid Motion
A medium-impact, medium-intensity workout for cardiovascular conditioning and improved flexibility, joint health and muscle strength.

Hydro Power
A high-impact, high-intensity class that offers non-stop cardiovascular conditioning and intense resistance training exercises. Not for the weak of heart.

Liquid Silver
A low-impact, low-intensity workout for those that have therapy or rehab needs, wish to improve their range of motion and flexibility, or would like a slight cardiovascular challenge.

CARDIO + STRENGTH INTERVAL TRAINING

Cardio Kick & Core
This high energy class incorporates upbeat aerobic kickboxing combinations, with strength building movements and effective core exercises. This three-in-one class is a full body workout that will challenge multiple aspects of your fitness.

Insanity Live®
A revolutionary cardio-based, total body conditioning program based on the principles of MAX Interval Training. INSANITY will push you to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. Bring water and a towel and be prepared to sweat!

Tabata™ Boot Camp
This is an interval based class of 20 seconds of high energy activity followed by 10 seconds of recovery time, repeated 8 times to make up one set of Tabata. This class uses incorporates a wide variety of equipment including dumbbells, barbells, fit balls, sliding discs and many others. Join this high calorie burning class to sculpt your body into shape.

Total Body Conditioning
Exactly what the title states: an hour long class of total body conditioning! Resistance training, cardio training, interval training and so much more. This class will chisel, improve endurance and inspire you to come back again and again.

Turbo Kick Live®
Join the ultimate cardio-kickboxing party that tones muscles and torches fat to the hottest dance music. This class packs kickboxing moves, calorie-blasting H.I.I.T. training, and bodyweight exercise.

Weights & Step
Half weight lifting with a variety of equipment and half cardio step. A perfect duo. You'll be sure to get a workout in that increases your cardio and muscular endurance all while making you stronger, inside and out.

H.I.I.T. Boot Camp
H.I.I.T. stands for high intensity interval training, a cardiovascular workout that alternates intense anaerobic exercises with periods of active recovery time. Paired with different exercise equipment, this high calorie burning, fun and energetic class will be sure to get your heart rate up and get you ready to take on your day.

Express Kickboxing
Be ready to sweat in this quick, 30 minute cardio kickboxing class that's based off traditional kickboxing moves. This class will be sure to get your heart rate up. You will be hooking, jabbing and kicking for a full body, cardio intensive workout.

CYCLE

Indoor Cycling
This is a low-impact, high energy, cardiovascular based class, with fully adjustable bikes to fit your body and compatible pedals for cycling cleats or regular gym shoes. This class is great for a diverse population. Whether you're just stating your fitness journey or training for a race, indoor cycling will give you a great workout!

View the current schedule for both recreation centers online at c3gov.com/recreation (under the Drop-In Classes & Programs) or pick-up a hard copy at the front desk.

DANCE BASED

Beats by Iris
Complete low impact aerobics class that gets your heart rate pumping then moves into strength exercises with fun tools such as gliding discs, weights and resistance bands.

High Fitness®
This class takes old school aerobics into a highly addictive fitness experience that combines simple, modern fitness techniques such as plyometrics and interval training to popular songs you love. This formula alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level.

Zumba®
Ditch the workout and join the party in this Latin-inspired fitness dance class. Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Zumba® + Circuit
What happens when you use a simple chair to add strength moves to an already high energy Zumba® class? You get Zumba® plus a Circuit! This fusion class weaves muscle toning segments into cardio and dance.

GROUP FITNESS CLASSES

Bison Ridge and Eagle Pointe



SILVERSNEAKERS

Silver Sneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily functional skills. A chair is used for seated and/or standing support.

Silver Sneakers® 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, and a ball is alternated with low-impact aerobic choreography.

Silver Sneakers® Yoga

Move your entire 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 motion. Restorative breathing exercises and final relaxation promotes stress reduction and mental clarity.

WEIGHT TRAINING

Barbells

Experience a full-body strength training workout using a barbell. Get results with the challenge of lifting a barbell in this progressive class all while listening to the beat of motivating music!

Express Strength

A 30 minute, full body, high caloric burning class. Are you on a time crunch? You can still get your workout in with this express class. With a mix of cardio and resistance training, you'll leave feeling accomplished checking workout off your to-do list with time to spare.

Weights + Foam Rolling

This class is designed to be a mix of weight lifting using dumbbells, barbells and other weight lifting equipment with an added foam rolling sequence in your cool down. Foam rolling is a way to self-massage working on tight muscles or trigger points to foster quicker muscle recovery. This a well-balanced class to get a great workout and a great cool down in!

YOGA/PILATES

Pilates Basic

This beginner level class incorporates everything a regular Pilates class would, but at a slower pace. Flexibility, strength building, spinal mobility, stability and posture will all be improved in this class.

Pilates

This class works on improving flexibility, building strength and developing control through spinal mobility and stability in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

Power Pilates Plus

This more advanced Pilates class incorporates high intensity interval training classes while utilizing Pilates inspired exercises. It combines athletic movements including, plyometrics, cardio, flexibility and balance. Come prepared to sweat!

Stretch & Breathe

Take a moment to slow down, stretch and breathe. Catered towards all body types, this class will incorporate full body stretches aimed at reducing stress and fatigue. Recover with guided breathing techniques and relaxation positions designed to lower anxiety, reduce tension and improve your sense of well-being.

Yoga

Incorporate flow, posture holds, proper body alignment and many other aspects of this holistic practice, using yoga blocks, stretching straps and blankets. Come and nurture your body and mind.

Fitness that Fits!

Now available at Bison Ridge

Wellbeats™ are on-demand, virtual fitness classes that fit your schedule. From the kiosk, you can select the filters to find the perfect class for you, then follow your virtual instructor on the big screen in one of two fitness studios at Bison Ridge.

Wellbeats™ offers a variety of classes ranging from quick stretching exercises to 50-minute intense, full-body workouts. You can choose from Tutorial and Basic classes, Fit Tests to find your baseline, or set a goal with Wellbeats™ 4-8-week Workout Plans.

Classes are on a first-come, first-serve basis and studio availability. If you have questions or to schedule a Wellbeats tutorial, contact Justin Layden, fitness and wellness coordinator at 303-289-3762 or Elizabeth Belton, fitness assistant, 303-286-6835.



FITNESS AND WELLNESS SERVICES

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

Weight Room Orientation: Ages 14 and older

If you're new to the recreation centers or working out in general, schedule a weight room orientation with a certified personal trainer and learn how to use the machines safely and correctly for a full body workout.

FREE Bison Ridge and Eagle Pointe

Body Composition

Schedule an appointment with the fitness coordinator to have your body composition tested and learn how much fat tissue you would have to lose to drop 5, 10, or 20 pounds.

FREE Bison Ridge and Eagle Pointe

Fitness Consultation

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

FREE Bison Ridge and Eagle Pointe

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 Bison Ridge and Eagle Pointe

Personal Training

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

ONE-HOUR TRAINING FOR THE INDIVIDUAL

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

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

SEMI-PRIVATE SESSION (2-3 PEOPLE)
Bison Ridge and Eagle Pointe

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. Call 303-289-3762 for more information. Unused personal training sessions expire 6 months after purchase. Refunds are not provided due to session expiration.

We want your feedback on classes and programs. Share your ideas at c3gov.com/prgsurvey.

NEW! Massage Therapy at Bison Ridge Recreation Center

Recover from injury, train better and improve your health and well being with massage therapy

Benefits of Massage
- Reduces pain
- Promotes recovery
- Improves posture and flexibility
- Relieves stress
- Improves health and wellbeing

60-minute Swedish, Deep Tissue or Sports Massage
$55

90-minute Swedish, Deep Tissue or Sports Massage
$75

Call 303-289-3761 or stop by the front desk for more information.

A staff member will follow up within three business days and provide you with the massage intake form. Form must be completed before session is allowed. Check-in at the front desk 15-minutes prior to your appointment time.

Bison Ridge Recreation Center
13905 E. 112th Ave.
Commerce City, CO 80022

BEND THE TREND

All gymnastics programs take place at Bison Ridge



The new 9,500-square-feet gymnastics center at Bison Ridge is nearly double the size of the previous space at Eagle Pointe. The state-of-the-art facility features in-ground and tumble trampolines, tumble strip, canyon and pit bar and spring flooring.

Registration for parent-tot and pre-gymnastics starts August 6.

Parent-Tot: Ages 2-4 with Adult

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.

Tue	9/11-10/16	9:30-10:15 a.m.
2101.301	by 9/4	$27/$37
	on 9/5	$37/$47
Fri	9/14-10/19	9:30-10:15 a.m.
2101.302	by 9/4	$27/$37
	on 9/5	$37/$47
Fri	9/14-10/19	10:30-11:15 a.m.
2101.303	by 9/4	$27/$37
	on 9/5	$37/$47
Sat	9/15-10/20	9-9:45 a.m.
2101.304	by 9/4	$27/$37
	on 9/5	$37/$47
Tue	11/6-12/11	9:30-10:15 a.m.
2102.301	by 10/30	$27/$37
	on 10/31	$37/$47
Fri	11/9-12/14	9:30-10:15 a.m.
2102.302	by 10/30	$27/$37
	on 10/31	$37/$47
Fri	11/9-12/14	10:30-11:15 a.m.
2102.303	by 10/30	$27/$37
	on 10/31	$37/$47
Sat	11/10-12/15	9-9:45 a.m.
2102.304	by 10/30	$27/$37
	on 10/31	$37/$47

Pre-Gymnastics: Ages 4-5

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

Tue	9/11-10/16	10:30-11:15 a.m.
2201.301	by 9/4	$27/$37
	on 9/5	$37/$47
Tue	9/11-10/16	11:30-12:15 a.m.
2201.302	by 9/4	$27/$37
	on 9/5	$37/$47
Fri	9/14-10/19	11:30-12:15 a.m.
2201.303	by 9/4	$27/$37
	on 9/5	$37/$47
Sat	9/15-10/20	10-10:45 a.m.
2201.304	by 9/4	$27/$37
	on 9/5	$37/$47
Sat	9/15-10/20	11-11:45 a.m.
2201.305	by 9/4	$27/$37
	on 9/5	$37/$47
Tue	11/6-12/11	10:30-11:15 a.m.
2202.301	by 10/30	$27/$37
	on 10/31	$37/$47
Tue	11/6-12/11	11:30-12:15 a.m.
2202.302	by 10/30	$27/$37
	on 10/31	$37/$47
Fri	11/9-12/14	10:30-11:15 a.m.
2202.303	by 10/30	$27/$37
	on 10/31	$37/$47
Sat	11/10-12/15	10-10:45 a.m.
2202.304	by 10/30	$27/$37
	on 10/31	$37/$47
Sat	11/10-12/15	11-11:45 a.m.
2202.305	by 10/30	$27/$37
	on 10/31	$37/$47

Early registration for beginning, advanced beginning and intermediate class levels starts **August 20 for residents and August 22 for non-residents** for session 1, ending on September 4. Starting September 5, late registration is accepted as space is available in classes, but the class fee increases by $10 per class. **Session 2 early registration opens October 22 for residents and October 24 for non-residents,** ending on October 30. Starting on October 31, 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.



Beginning Gymnastics: Ages 6-17

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

Mon	9/10-10/15	4:30-5:30 p.m.
2301.301	by 9/4	$28/$38
	on 9/5	$38/$48
Mon	9/10-10/15	5:30-6:30 p.m.
2301.302	by 9/4	$28/$38
	on 9/5	$35/$45
Wed	9/12-10/17	4:30-5:30 p.m.
2301.303	by 9/4	$28/$38
	on 9/5	$38/$48
Wed	9/12-10/17	6:30-7:30 p.m.
2301.304	by 9/4	$28/$38
	on 9/5	$38/$48
Wed	9/12-10/17	7:30-8:30 p.m.
2301.305	by 9/4	$28/$38
	on 9/5	$38/$48
Sat	9/15-10/20	Noon-1 p.m.
2301.306	by 9/4	$28/$38
	on 9/5	$38/$48
Mon	11/5-12/10	4:30-5:30 p.m.
2302.301	by 10/30	$28/$38
	on 10/31	$38/$48
Mon	11/5-12/10	5:30-6:30 p.m.
2302.302	by 10/30	$28/$38
	on 10/31	$38/$48
Wed	11/7-12/12	4:30-5:30 p.m.
2302.303	by 10/30	$28/$38
	on 10/31	$38/$48
Wed	11/7-12/12	6:30-7:30 p.m.
2302.304	by 10/30	$28/$38
	on 10/31	$38/$48
Wed	11/7-12/12	7:30-8:30 p.m.
2302.305	by 10/30	$28/$38
	on 10/31	$38/$48
Sat	11/10-12/15	Noon-1 p.m.
2302.306	by 10/30	$28/$38
	on 10/31	$38/$48

Advanced Beginning Gymnastics: Ages 6-17

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

Mon	9/10-10/15	4:30-5:30 p.m.
2311.301	by 9/4	$28/$38
	on 9/5	$38/$48
Mon	9/10-10/15	6:30-7:30 p.m.
2311.302	by 9/4	$28/$38
	on 9/5	$38/$48
Wed	9/12-10/17	5:30-6:30 p.m.
2311.203	by 9/4	$28/$38
	on 9/5	$38/$48
Sat	9/15-10/20	Noon-1 p.m.
2311.204	by 9/4	$28/$38
	on 9/5	$38/$48
Mon	11/5-12/10	4:30-5:30 p.m.
2312.201	by 10/30	$28/$38
	on 10/31	$38/$48
Mon	11/5-12/10	6:30-7:30 p.m.
2312.202	by 10/30	$28/$38
	on 10/31	$38/$48
Wed	11/7-12/12	5:30-6:30 p.m.
2312.203	by 10/30	$28/$38
	on 10/31	$38/$48
Sat	11/10-12/15	Noon-1 p.m.
2312.204	by 10/30	$28/$38
	on 10/31	$38/$48

Intermediate Gymnastics: Ages 6-17

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

Mon	9/10-10/15	6-7:30 p.m.
2321.301	by 9/4	$31/$41
	on 9/5	$41/$51
Wed	9/12-10/17	6-7:30 p.m.
2321.302	by 9/4	$31/$41
	on 9/5	$41/$51
Mon	11/5-12/10	6-7:30 p.m.
2322.301	by 10/30	$31/$41
	on 10/31	$41/$51
Wed	11/7-12/12	6-7:30 p.m.
2322.302	by 10/30	$31/$41
	on 10/31	$41/$51

CARA TEAMS OFFER CHANCE TO COMPETE IN GYMNASTICS



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

CARA Girls Gymnastics Team Level 2: Ages 6-17

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

Tue 2441.301 (3 weeks)	9/11-9/25 by 9/5 on 9/6	5:30-7:30 p.m. $27/$37 $37/$47
Thu 2441.302 (3 weeks)	9/13-9/27 by 9/5 on 9/6	5:30-7:30 p.m. $27/$37 $37/$47
Tue 2442.301 (5 weeks)	10/2-10/30 by 9/26 on 9/27	5:30-7:30 p.m. $44/$54 $54/$64
Thu 2442.302 (5 weeks)	10/4-11/1 by 9/26 on 9/27	5:30-7:30 p.m. $44/$54 $54/$64
Tue 2443.301 (4 weeks)	11/6-11/27 by 10/31 on 11/1	5:30-7:30 p.m. $35/$45 $45/$55
*Thu 2443.302 (3 weeks)	11/8-11/29 by 10/31 on 11/1	5:30-7:30 p.m. $27/$37 $37/$47
Tue 2444.301 (3 weeks)	12/4-12/18 by 11/28 on 11/29	5:30-7:30 p.m. $27/$37 $37/$47
Thu 2444.302 (3 weeks)	12/6-12/20 by 11/28 on 11/29	5:30-7:30 p.m. $27/$37 $37/$47

**No class 11/22.*

CARA Girls Gymnastics Team Compulsory Level 3 and 4: Ages 6-17

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

Tue/Thu 2401.301	9/11-9/27 by 9/5 on 9/6	5:30-7:30 p.m. $67/$77 $77/$87
Tue/Thu 2402.301	10/2-11/1 by 9/26 on 9/27	5:30-7:30 p.m. $98/$108 $108/$118
*Tue/Thu 2403.301	11/6-11/29 by 10/31 on 11/1	5:30-7:30 p.m. $77/$87 $87/$97
Tue/Thu 2404.301	12/4-12/20 by 11/28 on 11/29	5:30-7:30 p.m. $67/$77 $77/$87

**No class 11/22.*

CARA Girls Gymnastics Team Optional Levels: Ages 6-17

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

Tue/Thu 2411.301	9/11-9/27 by 9/5 on 9/6	7:15-9:15 p.m. $67/$77 $67/$77
Tue/Thu 2412.301	10/2-11/1 by 9/26 on 9/27	7:15-9:15 p.m. $98/$108 $108/$118
*Tue/Thu 2413.301	11/6-11/29 by 10/31 on 11/1	7:15-9:15 p.m. $77/$87 $87/$97
Tue/Thu 2413.301	12/4-12/20 by 11/28 on 11/29	7:15-9:15 p.m. $67/$77 $77/$87

**No class 11/22.*

What to wear and lesson information

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

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

- Competitive Team Coach
  30-minute private lesson (1 person) $26/$36
  One-hour private lesson (1 person) $40/$50
  One-hour semi-private lesson (up to 3 people) $30/$40 per person
- Class Level Instructor
  30-minute private lesson (1 person) $20/$30
  One-hour private lesson (1 person) $34/$44
  One-hour semi-private lesson (up to 3 people) $24/$34 per person



MASTER THE MARTIAL ARTS

Reduce stress, increase productivity, and build self-confidence

Taekwondo

Develop self-discipline, endurance, coordination and self-confidence through the practice of taekwondo, zendokwon and kick boxing. Students are able to participate in local tournaments. Ages: 8 and older or with instructor's approval. All classes located at Eagle Pointe Recreation Center.

Session 1: 6 weeks

Tue	9/4-10/9	6:30-8 p.m.	
3901.301	by 8/31	$32/$37	
	on 9/1	$42/$47	
Tue/Thur	9/4-10/11	6:30-8 p.m.	
3901.302	by 8/31	$60/$65	
	on 9/1	$70/$75	
Thur	9/6-10/11	6:30-8 p.m.	
3901.303	by 8/31	$32/$37	
	on 9/1	$42/$47	

Session 2: 6 weeks

Tue	10/30-12/11	6:30-8 p.m.	
3902.301	by 10/25	$32/$37	
	on 10/26	$42/$47	
Tue/Thur	10/30-12/13	6:30-8 p.m.	
3902.302	by 10/25	$60/$65	
	on 10/26	$70/$75	
Thur	11/1-12/13	6:30-8 p.m.	
3902.303	by 10/25	$32/$37	
	on 10/26	$42/$47	

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



FALL YOUTH SPORTS LEAGUES

Elevate your game!



Youth Volleyball

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

Registration deadline: 8/29
Start date: Week of 9/4

Grades 3-5: $50/$60
Grades 6-8: $50/$60

Youth Lacrosse

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

Registration deadline: 8/17

Ages	Start date	Fee
6-8	Week of 8/21	$50/$60
8-10	Week of 8/21	$50/$60
10-12	Week of 8/21	$50/$60
12-14	Week of 8/21	$50/$60



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

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 Nic Jones at 303-289-3705.

Make a difference and coach youth sports

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

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

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



REGISTER FOR FLAG FOOTBALL

Don't miss a snap

Division I (Coed) – Kindergarten and Grade 1

Discover the thrill of playing sports in this introduction to flag football. Develop skills and ability on the field through instruction and league play. Participants learn the fundamentals of running, catching, passing and defending in a fun game setting. Practices are once a week (to be determined by coach) and one game a week.

Registration Deadline: 8/22
Start date: Week of 8/27
$45/$54

Division II (Coed) – Grades 2-3

Increase skills and ability on the field through instruction and league play. Participants learn the fundamentals of running, catching, passing and defending in a fun game setting. Practices are twice a week (to be determined by coach) and one game a week.

Registration Deadline: 8/22
Start date: Week of 8/27
$50/$60



COMMERCE CITY YOUTH SPORTS

DEVELOP TEAMWORK
LEARN SPORTSMANSHIP
BUILD FRIENDSHIPS
GET ACTIVE!

Commerce City's 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.

Officials, we need you!

Are you a referee? Do you want to become a referee? Commerce City is now looking for referees for the fall flag football season. Games are Wednesday and Thursday evenings beginning in September. A free clinic will be held prior to the season; this course is for the beginner, as well as the experienced umpire. It covers rules, mechanics, techniques, policies and procedures. Lecture and field techniques will also be included in the training. We are also beginning to look for basketball referees and baseball umpires. Please call Nic Jones for more information 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 5-8
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: Kathy Eggleston, 303-419-2584

Girls Softball (spring)

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

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

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.thunderhawksfootball.com

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

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

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

Ages 7-14

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



Look for youth basketball sign-ups starting in December.



PLAY BALL WITH FALL 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 303-289-3706 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 303-289-3706 to be added to the individual signup. There is no guarantee you will be placed on a team.

Fall softball leagues, men's/coed
Leagues are scheduled to start soon. Call 303-289-3706 to see if there are last-minute openings.

Tuesday Night Men's D-Rec League starts on Aug. 7
Wednesday Night COED D-Rec League starts on Aug. 8
Thursday Night Men's Industrial league starts on Aug. 9
10-game season. $470/$500

Private Racquetball Lessons
Get one-on-one instruction in racquetball to improve technique and power. Call 303-289-3706 to schedule a private lesson with instructor Matt Mares.

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

Batting cages
Fine-tune your swing. Ideal for team and individual practice, tournaments, birthday parties, etc. For more information, call the batting cages office at 303-287-4905 or call 303-289-3763 during the hours listed below.

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
- $25 per half-hour (one stall)
- $40 per hour (one stall)

Summer hours, 5/26-8/5
Mon–Fri, 3-8:30 p.m. • Sat-Sun, Noon-8 p.m.

Fall hours, 8/6-10/7
Mon–Fri, 4-8 p.m. • Sat-Sun, Noon-5 p.m.

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

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

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

River Run Park, 11515 Oswego St.
Two multipurpose football/soccer fields (Practice fields).

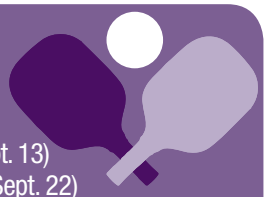
Turnberry Park, 10725 Wheeling St.
Three multipurpose football/soccer fields (Practice fields).

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



NEW Drop-In pickleball at Bison Ridge
Tuesdays 8:30 a.m. - Noon
Thursdays 8:30 a.m. - Noon (Now-Sept. 13)
Sundays 8:30 a.m. - Noon (Starting Sept. 22)

NEW Pickleball League at Bison Ridge (8 weeks)
Thursdays 8:30 a.m. – 11:30 a.m. (Starting Sept. 20)

NEW Leagues starting in January at Bison Ridge
Men's Adult Basketball League – Wednesday nights
Coed Volleyball League – Monday nights

Call 303-289-3706 for more information.

MAKE MEMORIES AT NEW PROGRAMS AND ANNUAL EVENTS



NEW! Cooking Matters Class: Ages 6-12 with adult

Learn as a family how to shop for and cook healthy meals on a budget. Groceries, recipes and cooking tools provided to families. Ages 6-12 with an adult. One adult per child.

Wed	10/3 – 11/14	6-8 p.m.	FREE
7001.302	Eagle Pointe		

NEW! Family Fitness Fun: Ages 6-10 with adult

Get your sweat on with the whole family!

Learn some fun cardio exercises, games and activities

Tues	9/18	6-7 p.m.	$5/$7 per person
7051.301		Bison Ridge	

Get your groove on while working up a sweat in this fun & active class

Tues	11/6	6-7 p.m.	$5/$7 per person
7052.301		Bison Ridge	

NEW! Bingo Family Fun Night: Ages 6 and up with adult

B-I-N-G-O! Bring the whole family to play bingo and win prizes. A pizza dinner and refreshments will be served. Kids must be accompanied by an adult.

Fri	9/21	6-8 p.m.	$10/$12 per person
7054.301		Bison Ridge	
Fri	10/19	6-8 p.m.	$10/$12 per person
7054.302		Bison Ridge	
Fri	11/16	6-8 p.m.	$10/$12 per person
7054.303		Bison Ridge	
Fri	12/14	6-8 p.m.	$10/$12 per person
7054.304		Bison Ridge	

NEW! FAMILY SUPER HERO NIGHT: Ages 6-10 with adult

You're my Superhero

Calling all superheroes! Design and create a flashy superhero costume and show off your super skills with fun games at this family event. Ages 6-10 with an adult.

Fri	10/12	5:30-7pm	$10/$12/person
7053.301		Bison Ridge	

NEW! "TRUNK OR TREAT": Ages 2-10 with adult

Kids wear your costumes and get your trick-or-treating started off right with treats from our community partners.

Sat	10/27	1-4 p.m.	FREE
		Pioneer Park	

Mom/Daughter Paint Party: Ages 6 and older with adult

Discover your artistic side together with an evening of painting and fun hosted by Gallery on the Go! Canvases, paint brushes, paints, and instruction are all provided. Create a masterpiece with your loved one that you'll be able to take home and cherish.

Friday	11/9	5:30-8pm	$12/$17 per person
7001.301		Eagle Pointe	

OTHER HAPPENINGS AROUND TOWN

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-Sat 10 a.m.-2 p.m.
or by appointment.
6505 E. 60th Ave., 303-288-2590;
303-946-3426

Reunion Metro District

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



LEARN AND GROW WITH PROGRAMS FOR AGES 1.5-6

NEW Jump Bunch

Get moving! Build coordination, balance, and confidence through sport and physical activity. Introduce sports in a fun and age-appropriate manner.

Parent/Tot: Ages 1.5-3.5 with an adult (price is per child)
Thursdays 9-9:30 a.m.

9/6 – 9/27	$40/$50	7351.301
10/4 – 10/25	$40/$50	7352.301
11/1 – 11/29*	$40/$50	7353.301
12/6 – 12/19	$30/$40	7354.301

**No class 11/22*

Ages 3.5-6
Thursdays 9:45-10:30 a.m.

9/6 – 9/27	$44/$54	7451.301
10/4 – 10/25	$44/$54	7452.301
11/1 – 11/29*	$44/$54	7453.301
12/6 – 12/19	$33/$44	7454.301

**No class 11/22*

NEW Music & Movement

Sing, dance, play instruments and games and create music based on different themes throughout the year.

Parent/Tot Rockers: Ages 2-3 with an adult (price is per child)
Saturdays 8:30-9:30 a.m.

9/8 – 10/27	$50/$70	7551.301
11/3 – 12/22*	$50/$70	7552.301

**No class 11/24, 9/29*

Joyful Jammers: Ages 4-6
Saturdays 9:15-10:15 a.m.

9/8 – 10/27	$68/$85	7551.302
11/3 – 12/22*	$68/$85	7552.302

**No class 11/24, 9/29*

Specialty Clubs: Ages 3-5

These classes are scheduled on Tuesday-Friday. Sign up for one day of the week or all four days of the week. Registration fee is per month (not day).

Art	Tuesdays	9:30 –11:30
9/4 – 9/25	$40/$50	7201.301
10/2 – 10/30	$50/$60	7202.301
11/6 – 11/27	$40/$50	7203.301
12/4 – 12/18	$30/$40	7204.301

No class 11/20

Art	Tuesdays	2-4 p.m.
9/4 – 9/25	$40/$50	7151.301
10/2 – 10/30	$50/$60	7152.301
11/6 – 11/27	$40/$50	7153.301
12/4 – 12/18	$30/$40	7154.301

No class 11/20

Music	Wednesdays	9:30 –11:30
9/5 – 9/26	$40/$50	7301.301
10/3 – 10/31	$50/$60	7302.301
11/7 – 11/28*	$30/$40	7303.301
12/5 – 12/19	$30/$40	7304.301

No class 11/21

Exploration Station	Wednesdays	2-4 p.m.
9/5 – 9/26	$40/$50	7251.301
10/3 – 10/31	$50/$60	7252.301
11/7 – 11/28*	$30/$40	7253.301
12/5 – 12/19	$30/$40	7254.301

No class 11/21

Movement	Thursdays	9:30 – 11:30
9/6 – 9/27	$40/$50	7401.301
10/4 – 10/25	$40/$50	7402.301
11/1 – 11/29*	$40/$50	7403.301
12/6 – 12/20	$30/$40	7404.301

No class 11/22

Science	Fridays	9:30 – 11:30
9/7 – 9/28	$40/$50	7101.301
10/5 – 10/26	$40/$50	7102.301
11/2 – 11/30*	$40/$50	7103.301
12/7 – 12/21	$30/$40	7104.301

No class 11/23

MAKE NEW FRIENDS



NEW Archery Class: Ages 8-11

Learn how to shoot an arrow and do some target practice. Instruction and safety training provided. Meet at designated recreation center. Transportation is provided to the archery range.

Tues	9/4 and 9/11	5:30-7:30pm
7611.301	$25/session	
Tues	9/18 and 9/25	5:30-7:30pm
7661.301	$25/session	

NEW Kidz Only: Ages 6-10

Play games, create arts and crafts, and have fun with new and old friends!

Fridays, 6-8:30 p.m., $10/$12 per day

9/7	7651.301
10/5	7652.301
11/2	7653.301
12/7	7654.301

NEW World of Science Through Legos: Ages 6-10

Thursdays, 6:30-7:30 p.m., $14/$18 per day
Sign up for one week, or sign up for all 4!

Earthquake Simulator
Watch as we create a simulator that will see if it can knock down structures we place on it.
10/4 7655.301

Hatching Chick
Have your heart melt as we create a LEGO egg with a matching LEGO chick that emerges from the top.
10/11 7655.302

Flowers!
Flowers are far more interesting than previously thought. We'll create some swaying blooms that are only missing a fragrance.
10/18 7655.303

Moon Orbit
Demonstrate that the earth rotates and is orbited by the moon–all using LEGO!
10/25 7655.304

Teen Nights Around Town: Ages 11-17

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

Wednesdays, 5-7:30 p.m., FREE

8/8	Turnberry Park
8/22	Los Valientes Park
9/12	Fronterra Park
9/19	Pioneer Park

Middle School Madness: Grades 6-8

Enjoy sports, crafts, swimming, music and dancing. You're not going to want to miss this!

Saturdays at Bison Ridge Recreation Center 10/6, 11/3, 12/1
7-10 p.m. $2/person

Fridays
11/9 Kearney Middle School, FREE
12/7 Adam City Middle School, FREE

Cops vs Kids: Ages 9-17

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

Fridays, Check in at 4:30 p.m., FREE

9/21	Flag Football	Adam City Middle School
11/16	Dodgeball	Bison Ridge Rec Center

Creepy Hollows Fright Night: Grades 6-12

It's time to get your scare on. Dance to the DJ, pose at the photo booth and if you dare, wander through the haunted maze. Last but not least, don't forget to dress up for the costume contest for your chance to win some wicked prizes.

Sat	10/27	7-10 p.m.
	FREE	Bison Ridge

Game Room Drop-In: Ages 11-17

Open for drop-in activities including Playstation, XBOX One, crafts and board games.

Tuesday and Thursdays	starting 10/2	5:30-8:30 p.m.,
	FREE	

Like us on Facebook

facebook.com/epicprograms

YOUTH



Exploring Art: Ages 11-17

Create your own piece of art each week including metal embossing, blown ink and acrylic paint, and paper collages led by instructors from Downtown Aurora Visual Arts.

Tuesdays	9/11-9/25	5:30-7:30 p.m.,
7851.301	$45/$60	

NEW Teen Tech: Ages 11-17

Design and play your own video game! Working with Black Rocket, launch your creativity and learn how to build your own web enabled game.

Tuesdays	10/2-10/23	5:30-7:30 p.m.,
7851.302	$40/$53	

Boxing: Ages 11-18

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

Thursdays

Dates	Eagle Pointe drop off *4:30-7:15pm*	Bison Ridge drop off *4:45-7:00pm*
8/2-8/30	7904.202	7904.203
9/6-9/27	7901.302	7901.303
10/4-10/25	7902.302	7902.303
11/1-11/29*	7903.302	7903.303
12/6-12/20	7904.302	7904.303

No class 11/22

Zombie Survival 101: Ages 11-17

Can you survive? Learn basic wilderness survival skills with a zombie twist! 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 2019 backpacking trip "Ultimate Survivor."

Saturdays	9/15-10/20	9 a.m. – 3 p.m.
7801.303	$60/$78	

Horse Trek: Ages 11-17

Have you ever wanted to go horseback riding? Here's your chance! Meet at Eagle Pointe Recreation Center and travel to 12 Mile Stables for an outdoor trail ride each week.

Saturdays	9/15-10/6	9 a.m. – 1 p.m.
7801.301	$60/$72	

Who's Cookin?: Ages 11-17

The instructor provides a fun and exciting atmosphere to develop hands-on skills and techniques to be a creative cook within a safe environment.

Saturdays	11/3-11/17	11 a.m. – 1 p.m.
7801.304	$45/$60	

Adams County Mayors and Commissioners Youth Awards (ACMCYA): Ages 13-19

ACMCYA is an award that recognizes teenagers who have overcome personal adversity, created positive changes in their environments, or who have contributed in their own way towards making their lives or communities a better place in which to live. The ACMCYA is a tiered program that recognizes nominees at a local and county level. Call 303-289-3674 for more information. Nomination forms available mid-October 2018 at www.c3gov.com/recreation.

Youth and Teen Advisory Committee: Ages 11-18

Work with city leaders, participate in volunteer projects, speak your mind about issues, plan and implement activities and provide leadership for your community. You also participate in team building and leadership programs, and make new friends. Meetings are held twice a month at both Eagle Pointe and Bison Ridge Recreation Centers. Download an application at c3gov.com/recreation, ask for a hard copy at the recreation centers, or call 303-289-3674.

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 NEW parks, trails and open space map.

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



CITY OFFERS MORE THAN 25 MILES OF OUTDOOR TRAILS

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

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

Sand Creek Regional Greenway

The Sand Creek Regional Greenway is nearly 14 miles of public greenway (4 miles of which is in Commerce City), connecting the High Line Canal trail in Aurora with the South Platte River Greenway in Commerce City. Sand Creek is a wide, high-plains prairie stream lined with cottonwood trees, willows and patches of native prairie and a wetland park. Trailheads are located at E. 56th Avenue and Dahlia Street, and E. 52nd Avenue and Ivy Street.

Prairie Gateway Open Space and Trail

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

Fernald Trail

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

Second Creek Greenway Trail

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

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

Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail

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

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



Maps and more at c3gov.com/parks

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

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

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

HOST YOUR EVENT

Choose a facility to fit your needs



Recreation Center Rentals: 303-289-3789

Reservations must be submitted two weeks prior to event date

Bison Ridge (13905 E. 112th Ave.)

- Three large multipurpose community rooms with A/V system, stage, and outdoor deck
  - Each room can seat up to 100 people
  - Removable walls allow up to 300 people
- Two conference rooms
- Two pool party rooms attached to the aquatic center

Eagle Pointe (6060 E. Parkway Dr.)

- Two multipurpose rooms offer 1,425 square feet
- Seat up to 150 people theater-style or 100 banquet-style

Recreation Center Rates

Hourly rates are $30 to $45, depending on space and use. A Damage 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:

- Minimum of 4 hours for all 3 community rooms at Bison Ridge
- 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.

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)

Picnic Shelter Rentals *(available March through October)*

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

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

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

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

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

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



FALL BRINGS LOWER RATES TO BUFFALO RUN

The crisp days of October can be the best time of year to play golf. Fall colors and discount prices make Buffalo Run your home for golf this autumn. Fall rates begin October 1.

Book A Tee Time

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

Sign up online at www.BuffaloRunGolfCourse.com to participate in our eClub. By doing so you will receive a free green fee on your birthday!

(Valid up to one week prior and one week after your birthday).

Location

15700 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.*

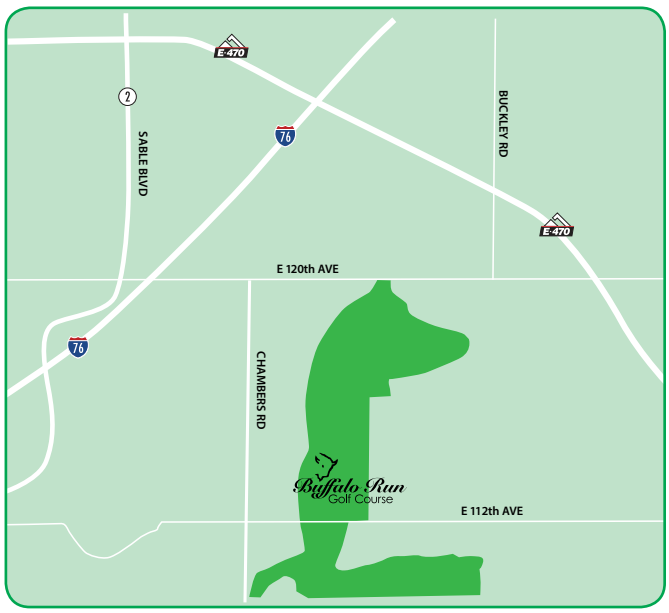
Shoulder Season

October 1-November 4, 2018

	9 Hole	18 Hole
Resident		
Mon-Thur	$18	$30
Fri-Sun	$22	$34
Non-resident		
Mon-Thur	$25	$35
Fri-Sun	$27	$39
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
Junior (17 and younger)		
Mon-Thur	$7	$13
Fri-Sun (after 2 p.m.)		
Twilight Rates		
Mon-Thur	$18	$30
Fri-Sun & Holidays	$20	$35
Super Twilight - 7 days a week	$10	$20

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.





SWING INTO FALL



Nine and Dine

For couples, enjoy an evening at Buffalo Run with our Nine & Dine package which includes casual dining and golf experience. Golf begins with a shotgun start; fees are $99 per couple and include nine holes of golf with cart, dinner and awards at the Bison Grill.

Sat	8/4	5 p.m.	Classic Board Game Night
Sat	9/1	5 p.m.	Super Sports Fan

Like us on Facebook to receive the latest deals, news and updates from Buffalo Run Golf Course and Bison Grill.

www.facebook.com/BuffaloRunGolf



BISON GRILL

Kick off the weekend socializing with new friends and swinging those clubs. Relax on the patio of Bison Grill with a cool beverage after your round. Savor a meal from the Bison Grill while enjoying the best views in town. Be sure to visit the website www.BuffaloRunGolfCourse.com for special events, promotions, and menu details. Open to the public.

BOOK YOUR HOLIDAY PARTY NOW

Don't wait until the last minute to book your holiday party. We are now taking reservations for groups from 20 to 100. The Bison Grill offers a delightful selection of special banquet menu items and wonderful views of Buffalo Run Golf Course. Book your holiday party, corporate event, or wedding today. Call the food and beverage manager at 303-286-4845 for available dates.



