



COMMERCE CITY PARKS, RECREATION AND GOLF GUIDE **WINTER/SPRING 2022**

Registration opens December 7

c3gov.com/recreation



NEW! Adaptive Recreation program
**SPECIAL OPPORTUNITIES
IN ADAPTIVE RECREATION
(SOAR) IS LAUNCHING
THIS YEAR!**

Details on page 6

New Year, Get in Gear

**GET YOUR BODY, MIND,
AND SOUL IN GEAR
FOR THE NEW YEAR!**

Details on page 26

Find us on:



facebook.com/commercecityparksrecgolf



instagram.com/commercecityparksrecgolf



CEREAL WITH SANTA AT BISON RIDGE – Enjoy breakfast with Santa and choose from a variety of his favorite cereals. Take home a professional photo with Santa and a special gift. Pajamas are encouraged! Kids ages 2 and under are free. Parents must register for the event.

Sat 12/11	Bison Ridge Recreation Center		
Two entry times available:			
9-9:15 a.m. entry	(Event ends at 10:15 a.m.)	7053.101	
10:30-10:45 a.m. entry	(Event ends at 11:45 a.m.)	7053.102	

Limited to 160 people per entry time. Tickets available Oct. 1 through Dec. 8. c3gov.com/register
 \$4 per person (Commerce City residents), \$6 per person (Nonresidents) *Tickets increase by \$2 each at the door.*
We expect to sell out so please purchase tickets early. After Dec.8, remaining tickets will be available at the door on a first come/first serve basis.

DADDY DAUGHTER DANCE - LIGHTS, CAMERA, ACTION!

For girls ages 4-17 with an adult male role model
 We're rolling out the red carpet for your special girl! Join us for a blockbuster evening of dancing, games, crafts and prizes.
 2/4 F 6-9 p.m. \$12/\$15/person 7751.101 Bison Ridge
 (fees increase to \$16/\$19 per person after 1/31)

ADAMS COUNTY MAYORS AND COMMISSIONERS YOUTH AWARDS (ACMCYA)

ACMCYA is an award program that recognizes teenagers between the ages of 13 and 19 who have overcome personal adversity, created positive changes in their environments, or who have contributed in their own way towards making their lives or communities a better place in which to live. To nominate a young person, download the nomination form from c3gov.com or call 303-289-3659 for more information.

DRESS WEAR DRIVE

We are accepting donations of new or gently worn prom dresses, cocktail dresses, bridesmaid dresses, tuxes, shoes and accessories. All donations will be made available for our SOAR Prom participants. Donations accepted at both Bison Ridge Recreation Center and Eagle Pointe Recreation Center between March 1-18. All donations should be cleaned prior to donating.

THE SOAR PROM

Ages 16+
 Put on your dancing shoes for a night of celebration! Dance the night away or take a break from the dance floor with carnival games.

4/22 F 7-10 p.m.	\$10/\$15	7551.101	Bison Ridge
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Get pampered with hair and makeup beforehand!

4/22 F 5-7 p.m.	\$5/\$7	7551.102	Bison Ridge
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Don't miss our dresswear shopping day! Browse through our donation store to find your perfect outfit!

4/1 F 5-7 p.m.	FREE		Bison Ridge
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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 a.m. – 9:30 p.m.
 Sat 7 a.m. – 7 p.m.
 Sun 8 a.m.-6 p.m.

ACTIVE ADULT CENTER AT EAGLE POINTE
 Mon - Fri 8 a.m. - 4 p.m.
 Adult information 303-289-3720

FACILITY CLOSURE DATES

- Dec. 24**
Christmas Eve, EP & BR close at 1 p.m.
- Dec. 25**
Christmas Day, EP & BR closed all day
- Dec. 31**
New Year's Eve, EP & BR close at 1 p.m.
- Jan. 1**
New Year's Day, EP & BR closed all day
- March 13**
EP closed all day for Emergency Training
- March 20**
BR closed all day for Emergency Training
- April 17**
Easter, EP & BR closed all day
- April 24**
EP & BR closed all day for PRG Staff training

IMPORTANT NUMBERS

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

DEPARTMENT STAFF

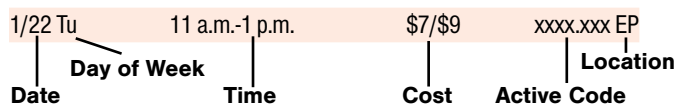
Carolyn J. Keith
CPRP, Director
 Chad Redin
CPRP, Recreation Manager
 Paul Hebinck
PGA, Golf Manager

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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:



BR = Bison Ridge Recreation Center
EP = Eagle Pointe Recreation Center

POLICIES

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.

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.

Refund Policy for Classes

- Full refunds will be considered only if initiated in writing more than 5 business days prior to the first day of the activity. However, exceptions may be made for special circumstances.
- Please fill out a Request for Class/Activity Withdrawal Form, available at the front desks of Eagle Pointe and Bison Ridge
- Submission of the form does not guarantee you will receive a credit/refund
- A \$5 administrative fee applies to all withdrawals
- Please allow up to 2 weeks for processing credits or refund checks
- Charge card payments will be credited back to the charge account within 7 business days
- All approved refund requests of \$20 or less will be credited to your Parks and Recreation account, to be used within the calendar year
- Full credit or refunds will be given if an activity is canceled by the department
- Some programs have separate withdrawal policies. If you have questions, please ask the specific area.

Area Employee Discount

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 by the Quality Community Foundation.

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.

2021/2022 RECREATION CENTER FEES

	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	

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

Military Discount (Active and Disabled Veteran) Free*

See details on page 4

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 at least one parent or legal guardian and dependent family members 23 years and younger all living in the same home. Adult siblings, grandparents, grandchildren, aunts/uncles and cousins do not fall under the classification of a household.

20-visit punch passes expire one year from the date of purchase and refunds will not be provided for unused punches.

Child Watch

Please contact each center for hours of operation and guidelines.

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 Paradise 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.

Please visit c3gov.com/recreation or our social media pages for more info about upcoming Winter/Spring special events.

We will be announcing event dates and times in the future, so please check back for more information.

Active Military Membership Benefits

Commerce City residents who are active members of the U.S. Armed Forces or Merchant Marines, or Reserve or National Guard members on active orders, and their immediate family (spouse and minor children or legal wards), may obtain a free annual membership to the Bison Ridge, Eagle Pointe, and Paradise Island recreation facilities.

To obtain or renew a free annual membership, the following must be provided:

- Proof of active military service.
- Proof of residency in Commerce City:
- Utility bill (gas/electric, telephone or water) with city address OR
- Voter registration with city address OR
- Car registration or insurance with city address
- Proof of active orders (for National Guard/Reserves).

Disabled veteran membership benefits

Commerce City residents who were honorably discharged from U.S. Armed Forces and have a 50% or greater service-connected disability rating may obtain a free annual membership (individual only) to the Bison Ridge, Eagle Pointe, and Paradise Island recreation facilities. To obtain a free annual membership the veteran must provide at time of membership:

- Proof of military service and discharge (military identification or DD214).
- A letter from Veteran Affairs, dated no more than 60 days prior to application or renewal, indicating that the individual's combined service-related disability rating is at least 50% (*this letter will be returned to the applicant and not retained by the city*).
- Proof of residency in Commerce City:
- Utility bill (gas/electric, telephone or water) with city address OR
- Voter registration with city address OR
- Car registration or insurance with city address

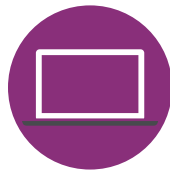


Three easy ways to register!



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. To add additional family members to your online account, please call or visit one of the recreation centers.
3. Once logged in, click the "Activities" tab and search for course number or class title. Proceed to checkout and enter credit card information.
4. Select the class and then click the green "Add to My Cart Button."
5. Select the participant's name and then click "Continue."
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 7 a.m.-7 p.m.; Sun 8 a.m.-6 p.m.

Want to know when classes are and the registration code?

Under each course description, specific information includes:

1/21 Tu	12-1:30 p.m.	\$7/\$9	1234.101 BR
Date	Day of Week	Time	Cost
			Active Code

BR = Bison Ridge Recreation Center
EP = Eagle Pointe Recreation Center

RECREATION CENTER RENTALS

Reservations must be submitted two weeks prior to event date

Bison Ridge (13905 E. 112th Ave.) 303-289-3695

- Three large multipurpose community rooms with A/V system, stage, and outdoor deck
 - Each room can seat up to 100 people theater-style or 80 banquet-style
 - Removable walls allow up to 300 people seated theater-style in all 3 rooms or 250 people seated banquet-style
- Two conference rooms
- Two pool party rooms attached to the aquatic center

Eagle Pointe (6060 E. Parkway Dr.) 303-289-8191

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

Recreation Center Rates

Hourly rates are \$15 to \$45 for residents and \$25 to \$60 for nonresidents, 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.

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	Veterans Memorial Park	1 shelter
Pioneer Park	4 shelters	Fronterra Park*	1 shelter
Stampede Park*	1 shelter	River Run Park*	2 shelters
Freedom Park	1 shelter	Villages East Park*	1 shelter
Prairie Gateway		Monaco Park	2 shelters
Open Space	1 shelter	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. ***Parks marked with an asterisk are available to rent online at c3gov.com/register.**

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

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

Athletic Facility Rentals

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

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

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

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

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

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

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

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

Villages East Park
11698 Chambers Rd.
One multipurpose baseball/softball field (Practice field)

SPECIAL OPPORTUNITIES IN ADAPTIVE RECREATION

Welcome to SOAR! Commerce City is proud to announce this program and its efforts to strive for inclusion of all City residents. Below you will find programs and events that are designed to fulfill a wide variety of adaptive needs. We are also committed to achieving the most inclusive experiences for our users.

Please contact Zach Venn, Supervisor of Community Connections and Inclusion Services to let us assist you in ensuring the best possible experience in all of our recreational activities or with any questions you may have about the SOAR program.

Zach Venn, Recreation Supervisor – Community Connections and Inclusion Services

Zvenn@c3gov.com 303-289-3761

COLOR OUTSIDE THE LINES

Ages 5-9

Explore your artistic ability with the use of different textures, tools, and more!

1/4 Tu	6-7:30 p.m.	\$5/\$7	7561.101 BR
2/1 Tu	6-7:30 p.m.	\$5/\$7	7562.101 BR
3/1 Tu	6-7:30 p.m.	\$5/\$7	7563.101 BR
4/5 Tu	6-7:30 p.m.	\$5/\$7	7564.101 BR
5/3 Tu	6-7:30 p.m.	\$5/\$7	7565.101 BR

ADAPTIVE GAME NIGHT

All Ages

Looking for a great way to socialize with friends and make new ones? Join us at Eagle Pointe Recreation Center for a night of games and fun! Parent or caregiver welcome- no registration required.

1/29 Sa	5-7 p.m.	\$5/\$10	7501.101 EP
2/26 Sa	5-7 p.m.	\$5/\$10	7502.101 EP
3/26 Sa	5-7 p.m.	\$5/\$10	7503.101 EP
4/30 Sa	5-7 p.m.	\$5/\$10	7504.101 EP

DRESSWEAR DRIVE

We are accepting donations of new or gently worn prom dresses, cocktail dresses, bridesmaid dresses, tuxes, shoes and accessories. All donations will be made available for our SOAR Prom participants.

Donations accepted at both Bison Ridge Recreation Center and Eagle Pointe Recreation Center between March 1-18.

*All donations should be cleaned prior to donating.

THE SOAR PROM

Ages 16+

Put on your dancing shoes for a night of celebration! Dance the night away or take a break from the dance floor with carnival games.

4/22 F	7-10 p.m.	\$10/\$15	7551.101 BR
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Get pampered with hair and makeup beforehand!

4/22 F	5-7 p.m.	\$5/\$7	7551.102 BR
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Don't miss our dresswear shopping day! Browse through our donation store to find your perfect outfit!

4/1 F	5-7 p.m.	FREE	BR
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ACCESSIBLE NATURE HIKE

All Ages

Join us at the Rocky Mountain Arsenal National Wildlife Refuge for a nature walk followed by the Wildlife Drive. Meet at Eagle Pointe Recreation Center- transportation provided.

4/2 Sa	10 a.m. - 2 p.m.	\$10/\$15	7511.101 EP
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GROUP OUTINGS

Ages 14+

Come have fun with both old and new friends on our group outings! Meet at Eagle Pointe Recreation Center and travel off-site.

2/12 Sa	5-7:30 p.m.	\$5/\$10	7521.101 EP Bowling
5/14 Sa	5-7:30 p.m.	\$5/\$10	7522.101 EP Mini Golf

FITNESS TRAINING

Ages 14+

Need to improve your overall fitness? Please contact Fitness Supervisor Justin Layden to discuss affordable personal training options at 303-289-3762 or jlayden@c3gov.com.

SWIMMING LESSONS AT EAGLE POINTE

Ages 4-7 and 8-14

These learn-to-swim classes are specifically designed to accommodate adaptive needs and help participants achieve water safety goals.

4-7 years old, Saturdays @ 8 a.m.

Session #	Session dates	Activity number	Registration dates
1	Jan 22-Feb 19	6611.101	Jan 11-13
2	Mar 5-Apr 2	6611.102	Feb 22-24
3	Apr 16-May 14	6611.103	Apr 5-7

8-14 years old, Saturdays @ 8:30 a.m.

Session #	Session dates	Activity number	Registration dates
1	Jan 22-Feb 19	6612.101	Jan 11-13
2	Mar 5-Apr 2	6612.102	Feb 22-24
3	Apr 16-May 14	6612.103	Apr 5-7

Events

NATIONAL WESTERN STOCK SHOW CELEBRATION LUNCH

It's back! The National Western Stock Show has only been canceled twice since it began in 1906, so we're celebrating its return with a delicious lunch from Bison Grill. Grab a partner and dress in your finest Western wear as we celebrate Colorado's favorite event, the National Western Stock Show. To see what's on the menu check out the "On the Move" newsletter. We hope to see you there!

1/18 Tu Noon-1:30 p.m. \$12/\$15 4201.101 EP

VALENTINE'S DAY BISCUITS & GRAVY BREAKFAST

Bring your sweetie, your friends, and your family to the Eagle Pointe Active Adult Center to enjoy a warm breakfast of biscuits & gravy! Breakfast includes two golden biscuits with traditional sausage gravy. All proceeds benefit the Goodfriends Scholarship program. Please pre-register for your breakfast so staff can prepare enough food. For orders to-go, please call (303) 289-3756.

2/14 M 8-10 a.m. \$5/\$6 4601.102 EP

COMEDY NIGHT AT BUFFALO RUN

Ages 21+

Join us for tasty food, fun times, and a whole lot of laughter at the first-ever Comedy Night at Buffalo Run featuring local comedian Zac Maas! He is a regular performer at the world famous Comedy Works and in 2018, Thrillist called him one of the 50 best-undiscovered comedians in the country. The fun doesn't stop here—kids ages 3-11 can be dropped off at our Kidz Only and Kidz Only Plus events happening at Bison Ridge Recreation Center so you can enjoy the evening alone! Visit c3gov.com/recreation or our social media pages for more information.

2/11 F 8-10 p.m. \$49/\$59 4651.101
Buffalo Run Golf Course

ST. PATRICK'S DAY CELEBRATION LUNCH AT BISON RIDGE

March is the month to get your Irish on! Dress in green and get ready to shake your shamrocks as we toast and celebrate St. Patty's Day. We will enjoy a traditional Irish meal prepared by the amazing Bison Grill. On the menu, we will have corned beef and cabbage, potatoes, Irish soda bread, a salad, and a tasty dessert. Don't get green with envy—sign up early to reserve your spot!

3/15 Tu Noon-1:30 p.m. \$12/\$15 4251.101 BR

RED SWEATER AND VOLUNTEER SOCIAL AT EAGLE POINTE

Let's get together and celebrate the incredible senior volunteers that help make Commerce City amazing! Join friends and Active Adult staff as we honor past Red Sweater

Award Winners and other volunteers with a fun get-together. Snacks and refreshments will be served.

3/31 Th 4:30-6 p.m. Free 4601.103 EP

EVENING ON THE TITANIC AT BUFFALO RUN

Ages 21+

Jump aboard our luxury ship and journey back in time to the night of April 14, 1912. For the 110th anniversary of the Titanic's maiden voyage, the Bison Grill invites you to enjoy the final dinner served on the Titanic, but we promise you will return home safely before any iceberg collision! Bison Grill will be serving items from the actual menu served on the ship the evening before disaster struck. A string quartet will delight passengers with the most elegant music of the time and guests are invited to don their finest period costume or their fanciest attire to fully relish in this night to be remembered. For more information on this spectacular evening, see our social media pages.

4/14 Th 6-8 p.m. \$36/\$40 4651.102
Bison Grill at Buffalo Run Golf Course

WORLD OF MYSTERIES

Join us as we virtually view a world full of mysteries! From Amelia Earhart's disappearance, mysteries of the Bermuda Triangle, the Lost City of Atlantis, and the Quest for the Holy Grail. These documentaries are an experience you will not want to miss!

Amelia Earhart

In 1937, Amelia Mary Earhart took off from Papua New Guinea and then vanished without a trace. Now her true fate is finally emerging, armed with new technology, experts are going back to the Pacific to find the queen of the skies.

1/5 W 1-3 p.m. \$4/\$5 4601.130 EP
1/8 Sa 10 a.m.-Noon \$4/\$5 4651.103 BR

Lost City of Atlantis

The story of Atlantis is one of the greatest mysteries ever told. It is a tale of a powerful civilization destroyed by the gods more than 11,000 years ago. For centuries, explorers have traveled the world in search of this lost city, but have found little. Did Atlantis really exist, or is it the work of one man's vivid imagination?

2/2 W 1-3 p.m. \$4/\$5 4601.131 EP
2/5 Sa 10 a.m.-Noon \$4/\$5 4651.104 BR

Bermuda Triangle

The Bermuda Triangle is a mythical section of the Atlantic Ocean roughly bounded by Miami, Bermuda, and Puerto Rico, where dozens of ships and airplanes have disappeared. Unexplained circumstances surround some of these accidents. This documentary offers answers to the mysteries of the Bermuda Triangle.

3/2 W 1-3 p.m. \$4/\$5 4601.132 EP
3/5 Sa 10 a.m.-Noon \$4/\$5 4651.105 BR

Quest for the Holy Grail

For 2000 years, successive generations have been gripped by a quest. A quest, championed by King Arthur and the Knights of the Round Table, for a sacred cup, which will provide its finder with immortality and total enlightenment. This is the greatest treasure hunt of all, a journey through some of the most historic and mysterious sites in Britain... the Quest for the Holy Grail.

4/6 W	1-3 p.m.	\$4/\$5	4601.133 EP
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4/9 Sa	10 a.m. - Noon	\$4/\$5	4651.106 BR
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COFFEE WITH COMMERCE CITY RESOURCE PROVIDERS

The coffee is on us! Come learn about some resources and the people behind them that are available to you and our community.

Coffee with Shelly Whiteloni from Anythink Libraries

Anythink Library's goal is to open doors for curious minds! Come entertain your curiosity and meet Shelly Whiteloni from Commerce City's Anythink Library. You will learn all about Shelly, the amazing Anythink Library, and the many programs they offer. Questions are encouraged!

1/19 W	9-10 a.m.	Free	4601.104 EP
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Coffee with Sarah Nachtman, Community Navigator for Homeless Outreach

Join us for a hot drink and meet Commerce City's Community Navigator, Sarah Nachtman. Sarah is from the Western Slope and she is entering her seventh year working with individuals and families experiencing homelessness. Come learn about Sarah, how her background and upbringing led her to her path here in Commerce City, and the amazing job she does coordinating homeless navigation efforts within the city.

2/9 W	9-10 a.m.	Free	4601.105 EP
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Coffee with Dana Wood, FISH Food Bank Manager

FISH Food Bank of Commerce City is located at Our Savior Lutheran Church and has been feeding the people of Commerce City since 2015. Join FISH Food Bank Manager, Dana Wood for a cup of coffee and learn about his childhood growing up in Commerce City, how he got involved with the FISH Food Bank, and more about the great resource that helps many Commerce City residents! Attendees are invited to bring a non-perishable food item as a contribution to the food bank.

3/9 W	9-10 a.m.	Free	4601.106 EP
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BREAKFAST BURRITO BINGO AT BISON RIDGE

Take a break from your ordinary breakfast routine! Join Active Adult staff for hearty breakfast burritos and a morning game of bingo at Bison Ridge. We will have great prizes and bunches of fun! Registration is required to attend.

1/21 F	9 - 10:30 a.m.	\$10/\$12	4651.107 BR
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2/18 F	9 - 10:30 a.m.	\$10/\$12	4651.108 BR
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3/18 F	9 - 10:30 a.m.	\$10/\$12	4651.109 BR
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4/15 F	9 - 10:30 a.m.	\$10/\$12	4651.110 BR
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SPRING NATIONAL DAYS**National Pie Day**

You never need an excuse to eat pie, but why not do it while celebrating National Pie Day! This is a great opportunity to sample a wide variety of pies, sip some coffee, and enjoy some time with friends. Registration is required to attend.

1/25 Tu	3-4 p.m.	\$4/\$5	4601.101 EP
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National Colorado Day

Hip, hip, hooray, we are celebrating National Colorado Day! April 12 recognizes the great Centennial State we call home. Colorado was the 38th state to join the Union and is a state like no other. Join us as we explore the summits and valleys of our wonderful state virtually and enjoy a Colorado-made treat. Registration is required to attend.

4/12 Tu	1-2:30 p.m.	\$4/\$5	4601.107 EP
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TUESDAY MOVIE MATINEE AT EAGLE POINTE

Come escape the winter winds and get warm while enjoying some great Hollywood productions starring Meryl Streep! Join us at Eagle Pointe on the last Tuesday of the month to screen one of her movies and enjoy some movie snacks. See the "On the Move" newsletter for more information on the movie of the month.

1/25 Tu	1 - 3:30 p.m.	\$4/\$6	4601.120 EP
Out of Africa			

2/22 Tu	1- 3:30 p.m.	\$4/\$6	4601.121 EP
The Devil Wears Prada			

3/29 Tu	1- 3:30 p.m.	\$4/\$6	4601.122 EP
Julie & Julia			

4/26 Tu	1- 3:30 p.m.	\$4/\$6	4601.123 EP
Florence Foster Jenkins			

WINTER WONDER ART SERIES

Put on your creative hat and join in on the fun on the last Friday of the month! Art projects include ceramic heart painting; crush paper bowls project, glass stone painting, and ceramic teapot painting. These projects will keep you busy during the winter months. Supplies included. One piece of art per person.

1/28 F	10 a.m. - Noon	Ceramic Heart Painting
\$10/11	4601.108 EP	

2/25 F	10 a.m. - Noon	Crush Paper Bowls
\$10/11	4601.109 EP	

3/25 F	10 a.m. - Noon	Glass Painting
\$10/11	4601.110 EP	

4/29 F	10 a.m. - Noon	Ceramic Tea Pot Painting
\$10/11	4601.111 EP	

FRIDAY BINGO AT EAGLE POINTE

B-I-N-G-O! Come try your luck at this game of chance and see if we call your numbers. Join friends and Active Adult staff as we play BINGO. We will have super exciting prizes! Registration is required to attend.

1/28 F	1- 2:30 p.m.	\$5/\$7	4601.112 EP
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2/25 F	1- 2:30 p.m.	\$5/\$7	4601.113 EP
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3/25 F	1- 2:30 p.m.	\$5/\$7	4601.114 EP
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4/29 F	1- 2:30 p.m.	\$5/\$7	4601.115 EP
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SPRING STROLLS

Put a spring in your step with these spectacular spring strolls! Join friends for some fresh spring air and some light exercise. Please bring your water and be ready to walk unassisted for 30-45 minutes. We will be stopping for occasional water breaks. Registration for walks will be required. Once you are registered, staff will be in contact about the exact meet-up spot at each location.

4/12 Tu	10-11 a.m.	Free	4601.124	Rocky Mountain Arsenal
4/26 Tu	10-11 a.m.	Free	4601.125	Sand Creek Trail

CHAIR VOLLEYBALL

Sit, set, spike! Join friends and get your blood pumping and your body moving with a rousing game of chair volleyball! Chair volleyball is played with a beach ball and a five-foot-high net. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. Rules are similar to regular volleyball except cheeks stay in seats!

1/4 Tu	10-11 a.m.	Free	4601.126	EP
2/1 Tu	10-11 a.m.	Free	4601.127	EP
3/1 Tu	10-11 a.m.	Free	4601.128	EP
4/5 Tu	10-11 a.m.	Free	4601.129	EP

WII BOWLING

Attention all bowling newbies, amateurs, and pros: the Active Adult Center is bringing Wii Bowling back! Join other bowling aficionados and Active Adult staff for monthly bowling drop-in times on the Wii. Wii bowling has all the fun and excitement of real bowling, but it is low impact and accessible for all. Space for this drop-in activity is limited.

1/26 W	10-11:30 a.m.	Free	4601.116	EP
2/23 W	10-11:30 a.m.	Free	4601.117	EP
3/30 W	10-11:30 a.m.	Free	4601.118	EP
4/27 W	10-11:30 a.m.	Free	4601.119	EP

CLASSES**MEDICARE 101 CLASS**

If you are approaching age 65 or retiring after you have turned 65, you will need to make decisions regarding Medicare, the federal health insurance system for older Americans. This class will help you answer common Medicare questions, such as:

- What happens when I turn 65? What if I choose to keep working?
- What does Medicare cover?
- How do I enroll?
- How can I tell if a Medicare Supplement or a Medicare Advantage plan is right for me?
- How can I avoid a Part D Late Enrollment Penalty?

These classes are free, but space is limited. RSVP at (303) 916-3068. Drop-ins are welcome if space allows.

1/19 W	9-10 a.m.	Free	4701.104	EP
2/16 W	9-10 a.m.	Free	4701.105	EP
3/16 W	9-10 a.m.	Free	4701.106	EP
4/20 W	9-10 a.m.	Free	4701.107	EP

ACTIVE ADULTS ON WEIGHTS**50 years and older**

Strength training improves bone health, posture, balance, and ability to do everyday activity. Learn practical tips for a successful exercise program you can do on your own! We use a variety of progressive strength training methods including exercise machines, resistance tubing, free weights, and body weight exercises. Taught by a certified personal trainer.

2/1 - 2/22 Tu	9:30-10:30 a.m.	\$30/\$35	3121.101	EP
3/8 - 3/29 Tu	9:30-10:30 a.m.	\$30/\$35	3122.101	EP

BUFF BONES**50 years and older**

This class uses techniques to strengthen bone tissue and improve balance while removing soft tissue restrictions, and it draws upon Pilates, somatics, functional movement, and therapeutic exercise. It is a bone-strengthening and balance-enhancing workout that can benefit anyone looking to tone up, enhance posture, improve balance, and gain overall strength – and they're also safe for people with osteoporosis and arthritis.

2/1 - 3/1 Tu	11 a.m. - Noon	\$50/\$55	3051.101	BR
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Get outside and get active with these new programs!**FUNDAMENTALS OF LAWN CARE COURSES**

Join Buffalo Run's Golf Maintenance Supervisor to learn all about the steps you need to take to have grass that is golf course worthy.

Starting a New Lawn Like a Golf Course Pro

Have you thought about starting your lawn over from scratch? Are you a new homeowner that needs to start a new lawn? Join Buffalo Run's Golf Maintenance Supervisor as he shares some key elements used on the golf course to install new turf or improving the existing turf in your yard. Learn about often overlooked elements in soil makeup and preparation as well as secrets to helping a new lawn take root for a healthy lifespan.

2/10 Th	5:30-7 p.m.	\$10/\$12	4451.101	BR
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Keep Your Lawn Looking Like a Golf Course

Have you ever wondered what the secret is to keeping high use golf course grass looking so nice year round? Join Buffalo Run's Golf Maintenance Supervisor as he shares professional turf tips that homeowners can use to have golf course quality lawn. Learn about what is needed in a good fertilizer, how often you should fertilize/aerate/power rake, and more!

2/17 Th	5:30-7 p.m.	\$10/\$12	4451.102	BR
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Snowshoe and Hot Chocolate

Strap on some snowshoes and hit the trail at Staunton State Park. Enjoy the scenic views while you stay warm with hot chocolate. Snowshoes and trekking poles provided! See our website and social media pages for more information.

2/19 Sa 9 a.m. – 2 p.m. \$10/\$15 7422.101 EP

GROUP SKI & BOARD DAY

Catch a ride to Loveland Ski Area from Bison Ridge for a day on the slopes. Take a break at the Loveland Wedge Bar for lunch on us! Lift tickets and gear are not included. Check out our new fitness programs to get in shape before we hit the slopes. Visit c3gov.com/fitness and our social media pages for more information.

3/5 Sa 7 a.m. – 4 p.m. \$25/\$35 7463.101 BR

HEALTH & WELLNESS CLASSES**CARE GIVER SURVIVAL TIPS**

Caregivers often find themselves facing a series of unique responsibilities, many of which are unfamiliar, challenging, and intimidating. It's easy to feel overwhelmed and like you're fighting to keep your head above water. Despite the challenges, caregiving can also be rewarding. There are many things you can try to help make the caregiving process easier on yourself and your loved one.

During this class, you'll learn:

- The basics of informal caregiving
- Tips for taking care of yourself
- How to stay positive
- Helpful resources

2/2 W 9-10 a.m. Free 4701.101 EP

HEALTHY SLEEP

Good sleep is essential to good health. The stages of sleep don't change for most people as we age, however, we can encounter new sleep challenges. The good news is that there are some steps you can take to improve your sleep.

During this class, you'll learn:

- Why good sleep matters
- How much sleep you may need
- Common sleep challenges
- Tips for better sleep

3/2 W 9-10 a.m. Free 4701.102 EP

DIABETES SELF-EMPOWERMENT SERIES**18 years and older**

Join us for a FREE series of four, 2-hour long diabetes group classes. These classes will help you to develop the tools you need to better manage your diabetes. Your goals may include: control your blood sugar, have more energy, spend less on health care, reduce diabetes symptoms such as blurred vision, headaches and constant visits to a bathroom. and, feel better! Our classes are interactive and involve lively discussions. Feel free to have your friend or family member attend for support. A registered dietitian will

lead classes from the Tri-County Health Department. For more information visit www.tchd.org/diabetes.

3/21-4/11 M 11 a.m. - Noon Free 4701.108 EP

BOOST YOUR DIGESTION

Your digestive system has an important job; it's how your body gets all the nutrients it needs to work properly and stay healthy. However, digestion isn't a simple process and it's not uncommon for things to go wrong. Luckily, there are many things you can do to keep your digestive system functioning at its best.

In this class you'll learn:

- Why digestion matters
- How digestion works
- Common digestive issues
- Tips for better digestion

4/6 W 9-10 a.m. Free 4701.103 EP

LINE DANCE AT BISON RIDGE

Grab your dancing shoes because Mondays are for line dancing with Rosallie! There are two levels of class for those who love to stay active and fit. Rosallie Farrer teaches both the beginner class and the intermediate class. Purchase a 5-visit punch card for \$25 or \$6 drop-in.

Beginner 9-10 a.m.

Intermediate 10:15-11:15 a.m.

CERAMICS AT EAGLE POINTE

Ceramics classes are in full swing and the kiln is ready and waiting! Come express your creativity and explore different techniques and trends in this open forum lab, with guidance from an expert instructor. The instructor will provide free start-up supplies to the first-timer and will advise on further purchases. The fee includes instruction and firing. Resident \$20 (five-visit punch card). Non-resident \$20 (four-visit punch card).

Every Tuesday 9 a.m. – Noon

SQUARE DANCE AT EAGLE POINTE

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

Every Thursday 1:30-2:30 p.m.

TRIPS

We are On the Move Again! Join us for adventures around Colorado.

Please note that due to pandemic, dates and times are subject to change. Thank you for your understanding in this matter.

January**BUTTERFLY PAVILION**

The Butterfly Pavilion transforms the way people think about invertebrates. These small but mighty animals that surround us are so much more than people think. They are everywhere, because everything depends on them. They are the hidden heroes of the animal kingdom; we all depend on these tiny giants.

1/6 Th	9:30 a.m. - 2 p.m.	\$15/\$16	4501.110
Westminster	L2	RD 12/30	

DINERS, DRIVE-INS, AND DIVES

Watch an episode of the Food Network Show then travel to the restaurant to enjoy the food! Lunch on own. Restaurant is Lauer Krauts.

1/14 F	10:30 a.m. - 2 p.m.	\$10/\$12	4501.108
Brighton	L1	RD 1/7	

NATIONAL WESTERN STOCK SHOW RODEO

Get your cowboy boots and hats ready! The National Western Stock Show is back. Spend the morning attending the Pro Rodeo! After the rodeo, there will be time to explore the trade show exhibits and animals. Lunch on own.

1/20 Th	9:45 a.m. - 3 p.m.	\$25/\$26	4501.111
Denver	L3	RD 1/13	

DINNER OUT AT RED LOBSTER

Before there was Red Lobster, there was Bill Darden, a man passionate about making delicious, high-quality seafood available and affordable to everyone, including people who lived far from the coast and regardless of race, gender, religion or economic means. Dinner on own.

1/24 M	4 - 6:30 p.m.	\$8/\$9	4501.101
Northfield	L1	RD 1/17	

February

GAMBLING TRIP AT CENTURY

Enjoy a scenic ride through the canyon on the way to the casino! Lunch on own.

2/3 Th	9 a.m. - 3 p.m.	\$7/\$8	4501.105
Central City	L3	RD 2/13	

DOWNTOWN AQUARIUM

The entertainment and dining complex features a public aquarium boasting more than a million gallons of underwater exhibits that highlight fascinating ecosystems around the world. Downtown Aquarium houses over 500 species of animals, the interactive Stingray Reef touch tank, and the Aquarium Restaurant.

2/4 F	10 a.m. - 3 p.m.	\$28/\$29	4501.112
Denver	L3	RD 1/28	

GREAT BEAR RAIN FOREST AT IMAX

"Great Bear Rainforest," narrated by Ryan Reynolds, takes you on a journey to a land of grizzlies, coastal wolves, sea otters and the all-white spirit bear — the rarest bear on earth. Hidden from the outside world, the Great Bear Rainforest is one of the wildest places left on Earth—a place protected by the region's indigenous people for millennia. Experience the wonder and discover the land of the spirit bear in this inspiring film. Price, date and times for this film are subject to change. Lunch on own.

2/15 Tu	10 a.m. - 3 p.m.	\$30/\$31	4501.113
Denver	L2	RD 2/8	

BREAKFAST OUT AT STEUBEN'S

Steuben's is a restaurant recreating American Regional Classics. Serving up reliable, consistent quality, with a side of high-energy fun and memories. Breakfast on own.

2/24 Th	9 a.m. - Noon	\$7/\$8	4501.114
Denver	L1	RD 2/17	

DINNER OUT AT THE OLD SPAGHETTI FACTORY

The Old Spaghetti Factory has been proudly serving deliciously affordable 3 course meals since 1969. The décor is beautiful and the food is amazing. Dinner on own.

2/28 M	4- 6:30 p.m.	\$7/\$8	4501.102
Westminster	L1	RD 2/21	

March

LUNCH OUT AT IRISH SNUG

The Irish Snug offers traditional Irish entrees such as Corned Beef and Cabbage, Shepard's Pie, Bangers Mash, and Fish & Chips. Start the St. Patrick's Day celebration early! Lunch on own.

3/4 F	10:45 a.m. - 1 p.m.	\$7/\$8	4501.115
Denver	L1	RD 3/1	

MEOW WOLF ART EXHIBITION

Meow Wolf's largest permanent installation, Convergence Station, is an immersive art experience that transports participants of all ages into new dimensions of storytelling and creative exploration. Arrive as you, leave transformed.

3/8 Tu	11 a.m. - 4 p.m.	\$45/\$46	4501.120
Denver	L1	RD 3/1	

DINERS, DRIVE-INS, AND DIVES

Watch an episode of the Food Network Show then travel to the restaurant to enjoy the food! Lunch on own. Restaurant is Grammy's Goodies.

3/11 F	10:30 a.m. - 2 p.m.	\$10/\$12	4501.109
Wheat Ridge	L1	RD 3/4	

MYSTERY TRIP

Discover new places on this mystery trip. Only the organizer knows the destination, but it's always fun! Lunch on own.

3/16 W	10:30 a.m. - 3:30 p.m.	\$10/11	4501.107
????	L3	RD 3/9	

THE BOOKIES BOOKSTORE

The Bookies Bookstore originally started in a basement by a wonderful woman named Sue. Sue dreamed of a magical bookstore for the children of Denver. Eventually the books over ran the entire house so now there is a permanent location in Denver. If you can't find a title you are looking for in the over 100,000 books, they will order it for you! Lunch on own.

3/23 W	10 a.m. - 1 p.m.	\$7/8	4501.116
Denver	L1	RD 3/16	

DINNER OUT AT CHEDDAR'S SCRATCH KITCHEN

Cheddar's Scratch Kitchen is dedicated to taking care of their guests each and every day. At Cheddar's, their goal is to live up to that original, simple idea: be a great restaurant that serves quality food fresh from the kitchen in a friendly, comfortable atmosphere at a fair price. Dinner on own.

3/28 M	4- 6:30 p.m.	\$7/\$8	4501.103
Westminster	L1	RD 3/21	

April

GAMBLING TRIP AT LADY LUCK

Enjoy a scenic ride through the canyon on the way to the casino! Lunch on own.

4/7 Th	9 a.m. - 3 p.m.	\$7/\$8	4501.106
Black Hawk	L3	RD 3/29	

DENVER MUSEUM OF MINIATURES, DOLLS & TOYS

Denver Museum of Miniatures, Dolls and Toys provides educational and cultural services to the greater Rocky Mountain region through the preservation, exhibition, collection and interpretation of the visual arts using miniatures, dolls and toys. Lunch on own.

4/22 F	10:30 a.m. – 3:30 p.m.	\$9/\$10	4501.117
Lakewood	L2	RD 4/15	

DINNER OUT AT BISON BAR & GRILL

The Bison Grill serves breakfast, lunch and dinner in a fun, family-friendly atmosphere. Relax next to the stone fireplace in the dining room or outdoors on the large patio featuring expansive course views. Dinner on own.

4/25 M	4-6:30 p.m.	\$7/\$8	4501.104
Commerce City	L1	RD 4/18	

PICNIC IN THE PARK

Meet at Eagle Pointe for a short van trip to the park and join staff for a light-hearted early afternoon picnic. Please bring a sack lunch and a drink to enjoy while catching up with friends.

4/27 W	10 a.m. - 1 p.m.	\$5/\$6	4501.118
Local Park	L1	RD4/20	

DENVER BOTANIC GARDENS

Denver Botanic Gardens at York Street, in cooperation with the City and County of Denver, presents a wide range of gardens and collections on 24 acres. The gardens reflect an ever-widening diversity of plants from all corners of the world. Lunch on own.

4/28 Th	10 a.m. - 3 p.m.	\$14/\$15	4501.119
Denver	L2	RD 4/21	

EXTRAORDINARY ADVENTURES: VIRTUAL TRIP SERIES AT BISON RIDGE

Adventure is out there and we are bringing it to you at Bison Ridge! Get together with friends and join Active Adult staff to virtually experience these amazing trips. This winter and spring, we are off to dive the Great Barrier Reef, explore caves in Arizona, Greenland, and the Yucatan, join animals on the Great Migration through the Serengeti, and experience the many mysteries of the incredible Nile River. Each trip we go on comes with a souvenir or treat from the location we visit!

The Great Barrier Reef

We are heading to the Great Barrier Reef! Every year millions of people travel by fins, flippers, and feet to see one of the seven natural wonders of the world. The Great Barrier Reef is a site of remarkable beauty on the northeast coast of Australia. Join us as we dive down to see the underwater metropolis home to an enormous variety of corals, fish, and other water creatures.

1/13 Th	1-2:30 p.m.	\$4/\$5	4651.111 BR
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Amazing Caves

Join us for a three-for-one journey exploring parts of the earth many haven't seen. We will follow Dr. Hazel Barton and Nancy Aulenbach as they travel through the caves of Arizona, ice caves of Greenland, and underwater caves in the Yucatan, in search of adventure and more!

2/10 Th	1-2:30 p.m.	\$4/\$5	4651.112 BR
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The Serengeti

Join us for a spectacle that few humans have ever witnessed--the Great Migration! The Great Migration is a yearlong journey for over 1.5 million

animals as they travel more than 500 miles across the Serengeti, through Tanzania and Kenya. Follow the array of animals including, wildebeest, elephants, monkeys, hyenas, vultures, and more, into the Serengeti that is a beauty all its own.

3/10 Th	1-2:30 p.m.	\$4/\$5	4651.113 BR
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The Nile River

Home to the Great Pyramids, the Valley of the Kings, the Great Sphinx, and the longest river in the world, the Nile, Egypt is a country you have to see to believe! Join us on a 3,250-mile expedition to discover the many mysteries of the Nile River and discover all of its importance to the country it calls home.

4/14 Th	1-2:30 p.m.	\$4/\$5	4651.114 BR
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Extended Travel is Back!**SPAIN'S CLASSICS AND PORTUGAL (5/28/2022-6/11/2022)**

Embark on an Iberian adventure as you take in medieval architecture, idyllic landscapes, and delectable cuisine. Explore Spain and Portugal's priceless treasures of art, history, and culture set against a backdrop of sunny Mediterranean shores and grand mountain ranges. Explore Lisbon, Europe's second-oldest capital city. Enjoy reserved seating at a flamenco show. Become part of an authentic "paella experience." View Antonio Gaudi's architectural masterpieces, including La Sagrada Familia.

15 Days, roundtrip airfare, and 20 meals included. Cost: \$5349 per person/double occupancy, \$6449 for singles.

SPOTLIGHT ON TUSCANY (8/31/2022-9/8/2022)

Discover the rolling hills of Tuscany, home to sprawling vineyards, charming medieval hill towns, and enchanting cities. Savor a 7 night stay in Montecatini Terme, the famous resort and spa town. Visit Pisa, Florence, and San Gimignano in the Italian countryside. Partake in a Tuscan cooking class. Sample cheese at the farm it was made. Enjoy fabulous local wines and the region's famous cuisine. Steeped in history, culture, and legend, this is Tuscany as you always imagined.

9 Days, roundtrip airfare, and 10 meals included. Cost: \$3799 per person/double occupancy, \$4249 for singles.

Please contact Vicki Masters for more information at vmaster@c3gov.com or call (303) 289-3764

Drop-Ins: No registration required**MAHJONG DROP-IN AT BISON RIDGE**

Mahjong drop-in is back at Bison Ridge! Similar to the Western card game rummy, mahjong is a game of skill, strategy, and luck! We have mahjong game sets and limited cards but feel free to bring your own. We will meet twice a month on Thursdays. Beginners welcome!

1/6 Th	1 - 4 p.m.	Free	BR
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1/20 Th	1 - 4 p.m.	Free	BR
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2/3 Th	1 - 4 p.m.	Free	BR
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2/17 Th	1 - 4 p.m.	Free	BR
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3/3 Th	1 - 4 p.m.	Free	BR
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3/17 Th	1 - 4 p.m.	Free	BR
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4/7 Th	1 - 4 p.m.	Free	BR
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4/21 Th	1 - 4 p.m.	Free	BR
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LIFE ISN'T EASY

Come share your life experiences, good and bad, in this monthly support group. The group meets on the first and third Monday of every month to discuss topics such as the joys and pains of daily living, aging, and the loss of a loved one, financial hardship, medical diagnoses, and caregiving. This group is member lead.

1/3 M	10-11:30 a.m.	Free	EP
1/17 M	10-11:30 a.m.	Free	EP
2/7 M	10-11:30 a.m.	Free	EP
2/21 M	10-11:30 a.m.	Free	EP
3/7 M	10-11:30 a.m.	Free	EP
3/21 M	10-11:30 a.m.	Free	EP
4/4 M	10-11:30 a.m.	Free	EP
4/18 M	10-11:30 a.m.	Free	EP

THERAPEUTIC COLORING

Coloring has so many benefits for adults! Are you looking to reduce stress and anxiety? What about improving focus and motor skills? Come take your mind off things and join us for some coloring! In this adult-focused group, we will color, chat, and spend time together. Supplies provided.

1/10 M	10-11:30 a.m.	Free	EP
1/24 M	10-11:30 a.m.	Free	EP
2/14 M	10-11:30 a.m.	Free	EP
2/28 M	10-11:30 a.m.	Free	EP
3/14 M	10-11:30 a.m.	Free	EP
3/28 M	10-11:30 a.m.	Free	EP
4/11 M	10-11:30 a.m.	Free	EP
4/25 M	10-11:30 a.m.	Free	EP

EAGLE POINTE DROP-INS

No registration required. Free and open to adults 18+

Dominos

Mondays Noon-3:30 p.m.

Billiards

Monday-Friday 8:30 a.m. -4 p.m.

Rummikub

Wednesdays Noon-3:30 p.m.

Quilting

Wednesdays 9-11 a.m.

Card Games

Fridays 11 a.m. - 4 p.m.

Bunco

2nd Tuesdays 1-3:30 p.m.

Pictionary

2nd Thursday Noon-2:30 p.m.

Resources**VNA WELLNESS PROGRAM**

The Visiting Nurses Association operates a monthly health clinic for seniors. They check blood pressure, provide nail and foot care for diabetics and others. You must schedule an appointment with the Active Adult Center to participate

in the health clinic. Cancellations must be made 24 hours in advance. Make an appointment by stopping by the Active Adult Center or by calling 303-289-3756.

1/12 W	8:30 a.m.-4:30 p.m.	Free	EP
2/9 W	8:30 a.m.-4:30 p.m.	Free	EP
3/9 W	8:30 a.m.-4:30 p.m.	Free	EP
4/13 W	8:30 a.m.-4:30 p.m.	Free	EP

ADAMS COUNTY VIRTUAL OUTREACH

My name is Karla Ojeda and I am the Outreach & Education Liaison. Are you in need of resources? Do you have questions or need to apply for public assistance programs? If you live in Adams County and answered yes to either one of these questions then I may be able to provide you with the resources that you need or may be able to answer your questions. Please call me at (720) 523-2114 or email me at KOjeda@adcogov.org to schedule a time to meet with me.

MEDICARE HELP**Medicare Confusion?**

What are the differences between Medigap (Plan F, G, etc.) and Medicare Advantage Plans (HMO, PPO, etc.)? How has the MACRA law, implemented on 1/01/20, raised premiums for Plans F & C? Why should I update my Part D coverage every year? What options do I have with Medicaid & Medicare? Schedule a free consultation with an unbiased broker and expert in all things Medicare to learn how to collect extra benefits and save more money. Please contact Jeffrey Brill, President of North Star Insurance Agency today. He will answer your questions and turn your confusion into confidence. (303) 667-1028

MEDICARE 1-ON-1

Chaundra Price (independent insurance broker specializing in Medicare plans) assists older adults with questions about Medicare and Medicaid every Tuesday from 9:00 a.m. to 11:00 a.m. She answers questions about Medicare health plans, prescription drugs, and how to apply for assistance with premiums or copayments. Call 303-916-3068 to make an appointment (by phone/Zoom/in-person). Call 303-916-3068 or visit www.Medicare-Teacher.com to schedule a free benefits review. If you are not able to come to the class at these times, please call Chaundra Price to arrange a personal consultation."

THE SENIOR HUB

Phone: 303-426-4408 Email: info@seniorhub.org The Senior Hub is a non-profit agency founded in 1986 with a clear mission to provide services and support to assist aging adults to remain in their homes, as long as possible. Our agency serves older adults in Arapahoe and Adams County through a variety of programs and initiatives:

Meals on Wheels– hot home-delivered meals and commodities boxes.

Home Care Services– non-medical in-home care services that include bathing, dressing, light housekeeping, meal preparation, and laundry for those who qualify.

Adult Day Services – onsite full and half-day programs for aging adults with cognitive decline, dementia, and/or Alzheimer’s disease, located in Federal Heights.

Senior Solutions/ Senior Tech– a resource arm for clients and families needing help accessing community and county resources, medical equipment leasing, and small customized technology classes from beginner to intermediate learners.

Food Pantry– a small-dignified food bank experience that provides a variety of food items including produce, meat, dairy and baked goods, as available.

S.H.O.U.T– a volunteer program that mobilizes community volunteers of all ages at the Senior Hub locations or through community partnerships, as well as volunteer training and volunteer toolkits. At the Senior Hub, we strive to provide current and purposeful resources and training that meet the needs of our aging adult communities on many levels. It is our mission to empower the lives of those we serve, to assist the families that support them, and to engage community partners that enrich our efforts.

AQUATICS

Pool Information

Please observe these safety guidelines and policies during your visit

GENERAL INFORMATION

The pools at both Eagle Pointe and Bison Ridge are open from 5 a.m. – 9 p.m. Monday through Friday; 7 a.m. – 6:30 p.m. on Saturdays; 8 a.m.-5:30 p.m. on Sundays.

Bison Ridge pool is closed until 11:30 a.m. the 3rd Sunday of every month for staff training.

Eagle Pointe pool is closed until 11:30 a.m. the 2nd Sunday of every month for staff training.

Each facility offers a wide variety of activities and programs including lap and open swim times, family swim times, Aquafit classes, party rentals, and swimming lessons.

For specific and up-to-date times for pool usage and availability, please visit our website at recreation.c3gov.com/rec-centers-pools or stop by to pick up a pool schedule from the location of your choice.

SWIMMING SAFETY AND GUIDELINES

Instructions from the lifeguard must be obeyed at all times

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

Proper swim attire is required.

- Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.
- Personal safety devices must be removable and Type III Coast Guard approved. Inflatable devices, including water wings and float rings are not allowed. Infant inflatables

must have a seat in the bottom.

User requirements

- Children age 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 age 12 and older may swim without adult supervision.
- Children who are not toilet trained must wear swim diapers.
- To ride the slides, users must meet the minimum height requirements. 48in at Bison Ridge; 54in at Eagle Pointe.

Additional guidelines:

- All swimmers must shower before entering the pool area.
- Changing clothes on deck is prohibited.
- Acceptable personal pool equipment includes noodles, kickboards, beach balls, dive sticks, and other soft balls; however 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.
- Diving is restricted to the 9ft area at Eagle Pointe only.
- A swim test must be passed by any user wishing to use the deep end, regardless of age.
- No Running.
- Food, gum, alcohol, and glass containers are not allowed in the pool area. Drinks in sealable, spill proof containers are permitted.

Pool Accessibility:

- Both facilities feature an accessible lift and zero depth stairs with handrails. Bison Ridge has a zero depth area.
- Eagle Pointe has an accessible ramp and an additional lift in the therapy pool area.

OPEN SWIM AND LAP SWIM INFORMATION

Open Swim

Open swim times are available to participants of all ages. Slides are available or can be made available upon request. Children 5 and under must have an adult in the water with them at all times. Children between the ages of 6-11 must have an adult present on deck to provide active supervision.

Lap Swim

Lanes are reserved for lap swimming only. Guests ages 16 and up are preferred. Younger guests may be approved based on ability and adherence to activity guidelines. Due to limited lane availability, lane sharing is required.

-Two swimmers to a lane may choose to swim circles (clockwise) or may split the lane, with each swimmer staying on one side.

-Three or more swimmers to a lane must swim circles in a clockwise direction.

For specific open and lap swim times, please visit c3gov.com/rec-centers-pools.

Swimming Lessons

PRIVATE SWIMMING LESSONS

Excel in swimming with one-on-one instruction. Participants of all ability levels, ages 3 and up, are welcome.

Submit a Request

Private lesson request forms are available at the front desk at both facilities or via our website at recreation.c3gov.com/recreation-centers-pools/bison-ridge-indoor-pool.

Once the request is received, an instructor will contact you directly to schedule the lesson. Lessons requests are subject to staff availability and available pool space and cannot be guaranteed.

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

Group Lessons

GROUP LESSONS LEVELS

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.

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 techniques 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.

Adult Lessons: Ages: 16 & over Offered at Eagle Pointe only.

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

Unsure which level is best for your child?

Call to speak with a swimming program specialist about your child's abilities or to schedule a free assessment. Eagle Pointe: 303-289-7180; Bison Ridge: 303-286-6841

For specific class days and times, please refer the the Bison Ridge or Eagle Pointe lesson schedules found on pages 15-18.

SWIMMING LESSON FEES

Mon/Wed and Tue/Thurs Sessions

25 min classes	R / \$20	NR / \$28
45 min classes	R / \$25	NR / \$33
Swim Team Prep	R / \$30	NR / \$38

Wednesday and Saturday Sessions

25 min classes	R / \$10	NR / \$14
45 min classes	R / \$12.50	NR / \$16.50
Swim Team Prep	R / \$15	NR / \$19

SWIMMING REGISTRATION

The first day of registration for swimming lessons is for residents only and can only be done online. Non-resident, phone, and walk-in registrations will not be available until the day after online registration begins. Registration opens at 10:00 a.m. and will close at 5:30 p.m. on the last day of the registration period.

BR Swim Lesson Registration Dates

Session 1: January 4-6

Session 2: February 15-17

Session 3: March 29-31

EP Swim Lesson Registration Dates

Session 1: January 11-13

Session 2: February 22-24

Session 3: April 5-7

GROUP LESSON SCHEDULE

Bison Ridge

WATER BABIES (AGE 6-17 MONTHS) BR

1/15-2/12 Sa	5 wk	BR	9-9:25 a.m.	6051.101
2/26-3/26 Sa	5 wk	BR	9-9:25 a.m.	6052.101
4/9-5/7 Sa	5 wk	BR	9-9:25 a.m.	6053.101

PARENT TOT (AGE 18 MOS – 2 YRS) BR

1/15-2/12 Sa	5 wk	BR	9:30-9:55 a.m.	6051.102
2/26-3/26 Sa	5 wk	BR	9:30-9:55 a.m.	6052.102
4/9-5/7 Sa	5 wk	BR	9:30-9:55 a.m.	6053.102

LEVEL 1 - WATER ADJUSTMENT (AGE 3-5 ONLY) BR

1/11-2/10 Tu/Th	5 wk	BR	4:30-4:55 p.m.	6151.101
1/11-2/10 Tu/Th	5 wk	BR	6-6:25 p.m.	6151.102
1/12-2/9 W	5 wk	BR	4:30-4:55 p.m.	6151.103
1/12-2/9 W	5 wk	BR	6-6:25 p.m.	6151.104
1/15-2/12 Sa	5 wk	BR	9-9:25 a.m.	6151.105
1/15-2/12 Sa	5 wk	BR	10:30-10:55 a.m.	6151.106
2/22-3/24 Tu/Th	5 wk	BR	4:30-4:55 p.m.	6152.101
2/22-3/24 Tu/Th	5 wk	BR	6-6:25 p.m.	6152.102
2/23-3/23 W	5 wk	BR	4:30-4:55 p.m.	6152.103
2/23-3/23 W	5 wk	BR	6-6:25 p.m.	6152.104
2/26-3/26 Sa	5 wk	BR	9-9:25 a.m.	6152.105
2/26-3/26 Sa	5 wk	BR	10:30-10:55 a.m.	6152.106
4/5-5/5 Tu/Th	5 wk	BR	4:30-4:55 p.m.	6153.101
4/5-5/5 Tu/Th	5 wk	BR	6-6:25 p.m.	6153.102
4/6-5/4 W	5 wk	BR	4:30-4:55 p.m.	6153.103
4/6-5/4 W	5 wk	BR	6-6:25 p.m.	6153.104
4/9-5/7 Sa	5 wk	BR	9-9:25 a.m.	6153.105
4/9-5/7 Sa	5 wk	BR	10:30-10:55 a.m.	6153.106

LEVEL 2 - FUNDAMENTALS (AGE 3-5) BR

1/11-2/10 Tu/Th	5 wk	BR	5-5:25 p.m.	6251.101
1/11-2/10 Tu/Th	5 wk	BR	6:30-6:55 p.m.	6251.102
1/12-2/9 W	5 wk	BR	5-5:25 p.m.	6251.103
1/12-2/9 W	5 wk	BR	6:30-6:55 p.m.	6251.104
1/15-2/12 Sa	5 wk	BR	9:30-9:55 a.m.	6251.105
1/15-2/12 Sa	5 wk	BR	11-11:25 a.m.	6251.106
2/22-3/24 Tu/Th	5 wk	BR	5-5:25 p.m.	6252.101
2/22-3/24 Tu/Th	5 wk	BR	6:30-6:55 p.m.	6252.102
2/23-3/23 W	5 wk	BR	5-5:25 p.m.	6252.103
2/23-3/23 W	5 wk	BR	6:30-6:55 p.m.	6252.104
2/26-3/26 Sa	5 wk	BR	9:30-9:55 a.m.	6252.105
2/26-3/26 Sa	5 wk	BR	11-11:25 a.m.	6252.106
4/5-5/5 Tu/Th	5 wk	BR	5-5:25 p.m.	6253.101
4/5-5/5 Tu/Th	5 wk	BR	6:30-6:55 p.m.	6253.102
4/6-5/4 W	5 wk	BR	5-5:25 p.m.	6253.103
4/6-5/4 W	5 wk	BR	6:30-6:55 p.m.	6253.104

4/9-5/7 Sa	5 wk	BR	9:30-9:55 a.m.	6253.105
4/9-5/7 Sa	5 wk	BR	11-11:25 a.m.	6253.106

LEVEL 2 - FUNDAMENTALS (AGE 6-12) BR

1/11-2/10 Tu/Th	5 wk	BR	4:30-5:15 p.m.	6261.101
1/11-2/10 Tu/Th	5 wk	BR	5:30-6:15 p.m.	6261.102
1/11-2/10 Tu/Th	5 wk	BR	6:30-7:15 p.m.	6261.103
1/12-2/9 W	5 wk	BR	4:30-5:15 p.m.	6261.104
1/12-2/9 W	5 wk	BR	5:30-6:15 p.m.	6261.105
1/12-2/9 W	5 wk	BR	6:30-7:15 p.m.	6261.106
1/15-2/12 Sa	5 wk	BR	10-10:45 a.m.	6261.107
1/15-2/12 Sa	5 wk	BR	11-11:45 a.m.	6261.108
2/22-3/24 Tu/Th	5 wk	BR	4:30-5:15 p.m.	6262.101
2/22-3/24 Tu/Th	5 wk	BR	5:30-6:15 p.m.	6262.102
2/22-3/24 Tu/Th	5 wk	BR	6:30-7:15 p.m.	6262.103
2/23-3/23 W	5 wk	BR	4:30-5:15 p.m.	6262.104
2/23-3/23 W	5 wk	BR	5:30-6:15 p.m.	6262.105
2/23-3/23 W	5 wk	BR	6:30-7:15 p.m.	6262.106
2/26-3/26 Sa	5 wk	BR	10-10:45 a.m.	6262.107
2/26-3/26 Sa	5 wk	BR	11-11:45 a.m.	6262.108
4/5-5/5 Tu/Th	5 wk	BR	4:30-5:15 p.m.	6263.101
4/5-5/5 Tu/Th	5 wk	BR	5:30-6:15 p.m.	6263.102
4/5-5/5 Tu/Th	5 wk	BR	6:30-7:15 p.m.	6263.103
4/6-5/4 W	5 wk	BR	4:30-5:15 p.m.	6263.104
4/6-5/4 W	5 wk	BR	5:30-6:15 p.m.	6263.105
4/6-5/4 W	5 wk	BR	6:30-7:15 p.m.	6263.106
4/9-5/7 Sa	5 wk	BR	10-10:45 a.m.	6263.107
4/9-5/7 Sa	5 wk	BR	11-11:45 a.m.	6263.108

LEVEL 3 - INDEPENDENT SWIM (AGE 3-5) BR

1/11-2/10 Tu/Th	5 wk	BR	5:30-5:55 p.m.	6351.101
1/11-2/10 Tu/Th	5 wk	BR	7-7:25 p.m.	6351.102
1/12-2/9 W	5 wk	BR	5:30-5:55 p.m.	6351.103
1/12-2/9 W	5 wk	BR	7-7:25 p.m.	6351.104
1/15-2/12 Sa	5 wk	BR	10-10:25 a.m.	6351.105
1/15-2/12 Sa	5 wk	BR	11:30-11:55 a.m.	6351.106
2/22-3/24 Tu/Th	5 wk	BR	5:30-5:55 p.m.	6352.101
2/22-3/24 Tu/Th	5 wk	BR	7-7:25 p.m.	6352.102
2/23-3/23 W	5 wk	BR	5:30-5:55 p.m.	6352.103
2/23-3/23 W	5 wk	BR	7-7:25 p.m.	6352.104
2/26-3/26 Sa	5 wk	BR	10-10:25 a.m.	6352.105
2/26-3/26 Sa	5 wk	BR	11:30-11:55 a.m.	6352.106

NEED TO SET UP AN ONLINE ACCOUNT?

To set up an online registration account, visit apm.activecommunities.com/c3gov/Home

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.

4/5-5/5 Tu/Th	5 wk	BR	5:30-5:55 p.m.	6353.101
4/5-5/5 Tu/Th	5 wk	BR	7-7:25 p.m.	6353.102
4/6-5/4 W	5 wk	BR	5:30-5:55 p.m.	6353.103
4/6-5/4 W	5 wk	BR	7-7:25 p.m.	6353.104
4/9-5/7 Sa	5 wk	BR	10-10:25 a.m.	6353.105
4/9-5/7 Sa	5 wk	BR	11:30-11:55 a.m.	6353.106

LEVEL 3 - INDEPENDENT SWIM (AGE 6-12) BR

1/11-2/10 Tu/Th	5 wk	BR	4:30-5:15 p.m.	6361.101
1/11-2/10 Tu/Th	5 wk	BR	5:30-6:15 p.m.	6361.102
1/11-2/10 Tu/Th	5 wk	BR	6:30-7:15 p.m.	6361.103
1/12-2/9 W	5 wk	BR	4:30-5:15 p.m.	6361.104
1/12-2/9 W	5 wk	BR	5:30-6:15 p.m.	6361.105
1/12-2/9 W	5 wk	BR	6:30-7:15 p.m.	6361.106
1/15-2/12 Sa	5 wk	BR	10-10:45 a.m.	6361.107
1/15-2/12 Sa	5 wk	BR	11-11:45 a.m.	6361.108
2/22-3/24 Tu/Th	5 wk	BR	4:30-5:15 p.m.	6362.101
2/22-3/24 Tu/Th	5 wk	BR	5:30-6:15 p.m.	6362.102
2/22-3/24 Tu/Th	5 wk	BR	6:30-7:15 p.m.	6362.103
2/23-3/23 W	5 wk	BR	4:30-5:15 p.m.	6362.104
2/23-3/23 W	5 wk	BR	5:30-6:15 p.m.	6362.105
2/23-3/23 W	5 wk	BR	6:30-7:15 p.m.	6362.106
2/26-3/26 Sa	5 wk	BR	10-10:45 a.m.	6362.107
2/26-3/26 Sa	5 wk	BR	11-11:45 a.m.	6362.108
4/5-5/5 Tu/Th	5 wk	BR	4:30-5:15 p.m.	6363.101
4/5-5/5 Tu/Th	5 wk	BR	5:30-6:15 p.m.	6363.102
4/5-5/5 Tu/Th	5 wk	BR	6:30-7:15 p.m.	6363.103
4/6-5/4 W	5 wk	BR	4:30-5:15 p.m.	6363.104
4/6-5/4 W	5 wk	BR	5:30-6:15 p.m.	6363.105
4/6-5/4 W	5 wk	BR	6:30-7:15 p.m.	6363.106
4/9-5/7 Sa	5 wk	BR	10-10:45 a.m.	6363.107
4/9-5/7 Sa	5 wk	BR	11-11:45 a.m.	6363.108

LEVEL 4 - STROKE TECHNIQUES (AGE 6-12 ONLY) BR

1/11-2/10 Tu/Th	5 wk	BR	4:30-5:15 p.m.	6461.101
1/12-2/9 W	5 wk	BR	4:30-5:15 p.m.	6461.102
1/15-2/12 Sa	5 wk	BR	9-9:45 a.m.	6461.103
2/22-3/24 Tu/Th	5 wk	BR	4:30-5:15 p.m.	6462.101
2/23-3/23 W	5 wk	BR	4:30-5:15 p.m.	6462.102
2/26-3/26 Sa	5 wk	BR	9-9:45 a.m.	6462.103
4/5-5/5 Tu/Th	5 wk	BR	4:30-5:15 p.m.	6463.101
4/6-5/4 W	5 wk	BR	4:30-5:15 p.m.	6463.102
4/9-5/7 Sa	5 wk	BR	9-9:45 a.m.	6463.103

LEVEL 5 - STROKE MECHANICS (AGE 6-12 ONLY) BR

1/11-2/10 Tu/Th	5 wk	BR	5:30-6:15 p.m.	6561.101
1/12-2/9 W	5 wk	BR	5:30-6:15 p.m.	6561.102
1/15-2/12 Sa	5 wk	BR	10-10:45 a.m.	6561.103
2/22-3/24 Tu/Th	5 wk	BR	5:30-6:15 p.m.	6562.101
2/23-3/23 W	5 wk	BR	5:30-6:15 p.m.	6562.102
2/26-3/26 Sa	5 wk	BR	10-10:45 a.m.	6562.103
4/5-5/5 Tu/Th	5 wk	BR	5:30-6:15 p.m.	6563.101
4/6-5/4 W	5 wk	BR	5:30-6:15 p.m.	6563.102
4/9-5/7 Sa	5 wk	BR	10-10:45 a.m.	6563.103

LEVEL 6 - SWIM TEAM PREP (AGE 8-17) BR

1/12-2/9 W	5 wk	BR	6:30-7:30 p.m.	6861.101
1/15-2/12 Sa	5 wk	BR	11 a.m.-12 p.m.	6861.102
2/23-3/23 W	5 wk	BR	6:30-7:30 p.m.	6862.101
2/26-3/26 Sa	5 wk	BR	11 a.m.-12 p.m.	6862.102
4/6-5/4 W	5 wk	BR	6:30-7:30 p.m.	6863.101
4/9-5/7 Sa	5 wk	BR	11 a.m.-12 p.m.	6863.102

Eagle Pointe

LEVEL 1 - WATER ADJUSTMENT (AGE 3-5 ONLY) EP

1/17-2/16 M/W	5 wk	EP	4:30-4:55 p.m.	6101.105
1/17-2/16 M/W	5 wk	EP	5:30-5:55 p.m.	6101.106
1/18-2/17 Tu/Th	5 wk	EP	4:30-4:55 p.m.	6101.101
1/18-2/17 Tu/Th	5 wk	EP	5:30-5:55 p.m.	6101.102
1/22-2/19 Sa	5 wk	EP	9-9:25 a.m.	6101.103
1/22-2/19 Sa	5 wk	EP	10-10:25 a.m.	6101.104
2/28-3/30 M/W	5 wk	EP	4:30-4:55 p.m.	6102.105
2/28-3/30 M/W	5 wk	EP	5:30-5:55 p.m.	6102.106
3/1-3/31 Tu/Th	5 wk	EP	4:30-4:55 p.m.	6102.101
3/1-3/31 Tu/Th	5 wk	EP	5:30-5:55 p.m.	6102.102
3/5-4/2 Sa	5 wk	EP	9-9:25 a.m.	6102.103
3/5-4/2 Sa	5 wk	EP	10-10:25 a.m.	6102.104
4/11-5/11 M/W	5 wk	EP	4:30-4:55 p.m.	6103.105
4/11-5/11 M/W	5 wk	EP	5:30-5:55 p.m.	6103.106
4/12-5/12 Tu/Th	5 wk	EP	4:30-4:55 p.m.	6103.101
4/12-5/12 Tu/Th	5 wk	EP	5:30-5:55 p.m.	6103.102
4/16-5/14 Sa	5 wk	EP	9-9:25 a.m.	6103.103
4/16-5/14 Sa	5 wk	EP	10-10:25 a.m.	6103.104

LEVEL 2 - FUNDAMENTALS (AGE 3-5) EP

1/17-2/16 M/W	5 wk	EP	4:30-4:55 p.m.	6201.105
1/17-2/16 M/W	5 wk	EP	5:30-5:55 p.m.	6201.106
1/18-2/17 Tu/Th	5 wk	EP	4:30-4:55 p.m.	6201.101
1/18-2/17 Tu/Th	5 wk	EP	5:30-5:55 p.m.	6201.102

1/22-2/19 Sa	5 wk	EP	9:30-9:55 a.m.	6201.103
1/22-2/19 Sa	5 wk	EP	10:30-10:55 a.m.	6201.104
2/28-3/30 M/W	5 wk	EP	4:30-4:55 p.m.	6202.105
2/28-3/30 M/W	5 wk	EP	5:30-5:55 p.m.	6202.106
3/1-3/31 Tu/Th	5 wk	EP	4:30-4:55 p.m.	6202.101
3/1-3/31 Tu/Th	5 wk	EP	5:30-5:55 p.m.	6202.102
3/5-4/2 Sa	5 wk	EP	9:30-9:55 a.m.	6202.103
3/5-4/2 Sa	5 wk	EP	10:30-10:55 a.m.	6202.104
4/11-5/11 M/W	5 wk	EP	4:30-4:55 p.m.	6203.105
4/11-5/11 M/W	5 wk	EP	5:30-5:55 p.m.	6203.106
4/12-5/12 Tu/Th	5 wk	EP	4:30-4:55 p.m.	6203.101
4/12-5/12 Tu/Th	5 wk	EP	5:30-5:55 p.m.	6203.102
4/16-5/14 Sa	5 wk	EP	9:30-9:55 a.m.	6203.103
4/16-5/14 Sa	5 wk	EP	10:30-10:55 a.m.	6203.104

LEVEL 2 - FUNDAMENTALS (AGE 6-12) EP

1/17-2/16 M/W	5 wk	EP	5-5:45 p.m.	6211.105
1/17-2/16 M/W	5 wk	EP	6:30-7:15 p.m.	6211.106
1/18-2/17 Tu/Th	5 wk	EP	5-5:45 p.m.	6211.101
1/18-2/17 Tu/Th	5 wk	EP	6:30-7:15 p.m.	6211.102
1/22-2/19 Sa	5 wk	EP	10-10:45 a.m.	6211.103
1/22-2/19 Sa	5 wk	EP	11-11:45 a.m.	6211.104
2/28-3/30 M/W	5 wk	EP	5-5:45 p.m.	6212.105
2/28-3/30 M/W	5 wk	EP	6:30-7:15 p.m.	6212.106
3/1-3/31 Tu/Th	5 wk	EP	5-5:45 p.m.	6212.101
3/1-3/31 Tu/Th	5 wk	EP	6:30-7:15 p.m.	6212.102
3/5-4/2 Sa	5 wk	EP	10-10:45 a.m.	6212.103
3/5-4/2 Sa	5 wk	EP	11-11:45 a.m.	6212.104
4/11-5/11 M/W	5 wk	EP	5-5:45 p.m.	6213.105
4/11-5/11 M/W	5 wk	EP	6:30-7:15 p.m.	6213.106
4/12-5/12 Tu/Th	5 wk	EP	5-5:45 p.m.	6213.101
4/12-5/12 Tu/Th	5 wk	EP	6:30-7:15 p.m.	6213.102
4/16-5/14 Sa	5 wk	EP	10-10:45 a.m.	6213.103
4/16-5/14 Sa	5 wk	EP	11-11:45 a.m.	6213.104

LEVEL 3 - INDEPENDENT SWIM (AGE 3-5) EP

1/17-2/16 M/W	5 wk	EP	5-5:25 p.m.	6301.105
1/17-2/16 M/W	5 wk	EP	6-6:25 p.m.	6301.106
1/18-2/17 Tu/Th	5 wk	EP	5-5:25 p.m.	6301.101
1/18-2/17 Tu/Th	5 wk	EP	6-6:25 p.m.	6301.102
1/22-2/19 Sa	5 wk	EP	10-10:25 a.m.	6301.103
1/22-2/19 Sa	5 wk	EP	11:30-11:55 a.m.	6301.104
2/28-3/30 M/W	5 wk	EP	5-5:25 p.m.	6302.105
2/28-3/30 M/W	5 wk	EP	6-6:25 p.m.	6302.106
3/1-3/31 Tu/Th	5 wk	EP	5-5:25 p.m.	6302.101
3/1-3/31 Tu/Th	5 wk	EP	6-6:25 p.m.	6302.102

3/5-4/2 Sa	5 wk	EP	10-10:25 a.m.	6302.103
3/5-4/2 Sa	5 wk	EP	11:30-11:55 a.m.	6302.104
4/11-5/11 M/W	5 wk	EP	5-5:25 p.m.	6303.105
4/11-5/11 M/W	5 wk	EP	6-6:25 p.m.	6303.106
4/12-5/12 Tu/Th	5 wk	EP	5-5:25 p.m.	6303.101
4/12-5/12 Tu/Th	5 wk	EP	6-6:25 p.m.	6303.102
4/16-5/14 Sa	5 wk	EP	10-10:25 a.m.	6303.103
4/16-5/14 Sa	5 wk	EP	11:30-11:55 a.m.	6303.104

LEVEL 3 - INDEPENDENT SWIM (AGE 6-12) EP

1/17-2/16 M/W	5 wk	EP	6-6:45 p.m.	6311.105
1/17-2/16 M/W	5 wk	EP	6:30-7:15 p.m.	6311.106
1/18-2/17 Tu/Th	5 wk	EP	6-6:45 p.m.	6311.101
1/18-2/17 Tu/Th	5 wk	EP	6:30-7:15 p.m.	6311.102
1/22-2/19 Sa	5 wk	EP	10:30-11:15 a.m.	6311.103
1/22-2/19 Sa	5 wk	EP	11-11:45 a.m.	6311.104
2/28-3/30 M/W	5 wk	EP	6-6:45 p.m.	6312.105
2/28-3/30 M/W	5 wk	EP	6:30-7:15 p.m.	6312.106
3/1-3/31 Tu/Th	5 wk	EP	6-6:45 p.m.	6312.101
3/1-3/31 Tu/Th	5 wk	EP	6:30-7:15 p.m.	6312.102
3/5-4/2 Sa	5 wk	EP	10:30-11:15 a.m.	6312.103
3/5-4/2 Sa	5 wk	EP	11-11:45 a.m.	6312.104
4/11-5/11 M/W	5 wk	EP	6-6:45 p.m.	6313.105
4/11-5/11 M/W	5 wk	EP	6:30-7:15 p.m.	6313.106
4/12-5/12 Tu/Th	5 wk	EP	6-6:45 p.m.	6313.101
4/12-5/12 Tu/Th	5 wk	EP	6:30-7:15 p.m.	6313.102
4/16-5/14 Sa	5 wk	EP	10:30-11:15 a.m.	6313.103
4/16-5/14 Sa	5 wk	EP	11-11:45 a.m.	6313.104

LEVEL 4 - STROKE TECHNIQUES (AGE 6-12 ONLY) EP

1/17-2/16 M/W	5 wk	EP	4:30-5:15 p.m.	6401.103
1/18-2/17 Tu/Th	5 wk	EP	4:30-5:15 p.m.	6401.101
1/22-2/19 Sa	5 wk	EP	9-9:45 a.m.	6401.102
2/28-3/30 M/W	5 wk	EP	4:30-5:15 p.m.	6402.103
3/1-3/31 Tu/Th	5 wk	EP	4:30-5:15 p.m.	6402.101
3/5-4/2 Sa	5 wk	EP	9-9:45 a.m.	6402.102
4/11-5/11 M/W	5 wk	EP	4:30-5:15 p.m.	6403.103
4/12-5/12 Tu/Th	5 wk	EP	4:30-5:15 p.m.	6403.101
4/16-5/14 Sa	5 wk	EP	9-9:45 a.m.	6403.102

LEVEL 5 - STROKE MECHANICS (AGE 6-12 ONLY) EP

1/17-2/16 M/W	5 wk	EP	5:30-6:15 p.m.	6501.103
1/18-2/17 Tu/Th	5 wk	EP	5:30-6:15 p.m.	6501.101
1/22-2/19 Sa	5 wk	EP	10-10:45 a.m.	6501.102
2/28-3/30 M/W	5 wk	EP	5:30-6:15 p.m.	6502.103
3/1-3/31 Tu/Th	5 wk	EP	5:30-6:15 p.m.	6502.101
3/5-4/2 Sa	5 wk	EP	10-10:45 a.m.	6502.102

4/11-5/11 M/W	5 wk	EP	5:30-6:15 p.m.	6503.103
4/12-5/12 Tu/Th	5 wk	EP	5:30-6:15 p.m.	6503.101
4/16-5/14 Sa	5 wk	EP	10-10:45 a.m.	6503.102

LEVEL 6 - SWIM TEAM PREP (AGE 8-17) EP

1/17-2/16 M/W	5 wk	EP	6:30-7:30 p.m.	6811.102
1/22-2/19 Sa	5 wk	EP	11 a.m. - Noon	6811.101
2/28-3/30 M/W	5 wk	EP	6:30-7:30 p.m.	6812.102
3/5-4/2 Sa	5 wk	EP	11 a.m. - Noon	6812.101
4/11-5/11 M/W	5 wk	EP	6:30-7:30 p.m.	6813.102
4/16-5/14 Sa	5 wk	EP	11 a.m. - Noon	6813.101

ADULT (AGE 16 AND UP) EP

1/22-2/19 Sa	5 wk	EP	9-9:45 a.m.	6601.101
3/5-4/2 Sa	5 wk	EP	9-9:45 a.m.	6602.101
4/16-5/14 Sa	5 wk	EP	9-9:45 a.m.	6603.101

WATER BABIES (AGE 6-17 MONTHS) EP

1/22-2/19 Sa	5 wk	EP	9-9:25 a.m.	6001.101
3/5-4/2 Sa	5 wk	EP	9-9:25 a.m.	6002.101
4/16-5/14 Sa	5 wk	EP	9-9:25 a.m.	6003.101

PARENT-TOT (AGE 18MO - 2YRS) EP

1/22-2/19 Sa	5 wk	EP	9:30-9:55 a.m.	6001.102
3/5-4/2 Sa	5 wk	EP	9:30-9:55 a.m.	6002.102
4/16-5/14 Sa	5 wk	EP	9:30-9:55 a.m.	6003.102

WE NOW OFFER ADAPTIVE SWIMMING LESSONS! SEE PAGE 6 FOR MORE DETAILS.

AQUAFIT SCHEDULE

Ages: 16 and older for all classes

For the most up to date class schedule please visit: recreation.c3gov.com/classes-programs/fitness

POOL PARTIES

Book your next party at one of our facilities! Rentals include room, swimming passes, and other exciting options. See below for details.

- Additional swimmers may be purchased the day of the party. Fees are \$1.50 per person for 17 and under / \$2.50 for 18 and older. Limited quantities.
- Option B options are our decoration packages and include tablecloths, plates, cups, napkins, forks, a balloon bouquet, and a gift bag for each child in attendance.
- Fees do not include tax.

BISON RIDGE

Parties at Bison Ridge may be scheduled from 1-3 p.m. or 4-6 p.m. on Saturdays only or Noon - 2 p.m. or 3-5 p.m. on Sundays only.

Single Room

Option A

Includes party host, 15 swimmers, 3 tables, seating for 12, and a max room capacity of 20 people.
(R / \$115, NR / \$150)

Option B

Includes party host, 15 swimmers, 3 tables, place settings for 12, decorations, and a max room capacity of 20 people.
(R / \$140, NR / \$175)

Double Room

Option A: Includes party host, 30 swimmers, 6 tables, seating for 30, and a max room capacity of 40 people.
(R / \$190, NR / \$260)

Option B: Includes party host, 15 swimmers, 6 tables, place settings for 30, decorations, and a max room capacity of 40 people.
(R / \$230, NR / \$300)

EAGLE POINTE

Parties at EP may be scheduled from 1-3 p.m. Saturdays and Sundays only.

Option A

Includes party host, 15 swimmers, 6 tables, seating for 24, and a max room capacity of 30 people.
(R / \$85, NR / \$120)

Option B

Includes party host, 15 swimmers, 6 tables, place settings for 24, decorations, and a max room capacity of 30 people.
(R / \$120, NR / \$150)



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. Winter/Spring performance classes will end with a spring recital May 15, 2022 at Bison Ridge Recreation Center. Register early to take advantage of discounted class fees.

CREATIVE MOVEMENT

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

Non-Performance, Age 3

1/11-5/9 Tu	5:30-6 p.m.	1001.101 EP
by 1/3: \$60/\$70	on 1/4: \$70/\$80	

*No class 3/29.

Performance, Age 4

1/11-Recital Tu	6-6:30 p.m.	1001.102 EP
by 1/3: \$70/\$80	on 1/4: \$80/\$90	

*No class 3/29.

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****Performance**

1/11-Recital Tu	6:30-7:15 p.m.	1101.101 EP
by 1/3: \$78/\$88	on 1/4: \$88/\$98	

*No class 3/29.

Performance

1/11-Recital Tu	7:15-8 p.m.	1101.102 EP
by 1/3: \$78/\$88	on 1/4: \$88/\$98	

*No class 3/29.

Performance

1/12-Recital W	5:30-6:15 p.m.	1101.103 EP
by 1/3: \$78/\$88	on 1/4: \$88/\$98	

*No class 3/30.

Performance

1/13-Recital Th	5:30-6:15 p.m.	1101.104 BR
by 1/3: \$78/\$88	on 1/4: \$88/\$98	

*No class 3/31.

BALLET BASICS**Age 3****Non-Performance**

1/10-5/8 M	5:30-6 p.m.	1651.101 BR
by 1/3: \$60/\$70	on 1/4: \$70/\$80	

*No class 3/28.

Non-Performance**BALLET BASICS****Non-Performance, Age 3**

Ballet Basics emphasizes coordination, musicality, basic skills, classroom etiquette, and a love for dance while teaching early ballet steps.

1/10-5/8 M	5:30-6 p.m.	1651.101 BR
by 1/3: \$60/\$70	on 1/4: \$70/\$80	

*No class 3/28.

BALLET BASICS**Age 4**

Ballet Basics emphasizes coordination, musicality, basic skills, classroom etiquette, and a love for dance while teaching early ballet steps.

Performance

1/10-Recital M	6-6:30 p.m.	1651.102 BR
by 1/3: \$70/\$80	on 1/4: \$80/\$90	

*No class 3/28.

INTRODUCTION TO BALLET**Ages 5-6**

Introduction to ballet teaches grace, coordination, strength, flexibility, musicality, balance, and is the backbone of all dance forms.

Performance

1/10-Recital M	6:30-7:15 p.m.	1661.101 BR
by 1/3: \$78/\$88	on 1/4: \$88/\$98	

*No class 3/28.

INTERMEDIATE BALLET**Ages 7-8**

Intermediate ballet teaches grace, coordination, strength, flexibility, musicality, balance, and is the backbone of all dance forms.

Performance

1/10-Recital M	7:15-8:15 p.m.	1671.101 BR
by 1/3: \$81/\$91	on 1/4: \$91/\$101	

*No class 3/28.

JAZZ**Ages 7-8**

Jazz classes are high energy classes that focus on technique and musicality. These one-hour classes work through a detailed warm-up, across the floor techniques, and combos. Dancers will learn skills in leaps, turns, and jumps.

Performance

1/13-Recital Th	6:30-7:30 p.m.	1551.101 BR
by 1/3: \$81/\$91	on 1/4: \$91/\$101	

*No class 3/31.

JAZZ**Ages 7-8****Performance**

1/14-Recital F	5:30-6:30 p.m.	1501.102 EP
by 1/3: \$81/\$91	on 1/4: \$91/\$101	

*No class 4/1.

BEGINNING POMS**Ages 8 to 12**

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.

Performance

1/12-Recital Th	7:30-8:30 p.m.	1451.101 BR
by 1/3: \$81/\$91	on 1/4: \$91/\$101	

No class 3/31.

Performance

1/13-Recital F	6:30-7:30 p.m.	1401.101 EP
by 1/3: \$81/\$91	on 1/4: \$91/\$101	

*No class 4/1.

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.

Performance

1/12-Recital Th	7:30-8:30 p.m.	1391.101 BR
by 1/3: \$81/\$91	on 1/4: \$91/\$101	

*No class 3/31.

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

Performance

1/12-Recital W	6:30-7:30 p.m.	1251.101 BR
by 1/3: \$81/\$91	on 1/4: \$91/\$101	

*No class 3/30.

Performance

1/12-Recital W	6:30-7:30 p.m.	1201.101 EP
by 1/3: \$81/\$91	on 1/4: \$91/\$101	

*No class 3/30.

INTERMEDIATE LEVEL

Ages 11-16

Performance

1/12-Recital W	7:30-8:30 p.m.	1211.101 EP
by 1/3: \$81/\$91	on 1/4: \$91/\$101	

*No class 3/30.

Performance

1/12-Recital W	7:30-8:30 p.m.	1261.101 BR
by 1/3: \$81/\$91	on 1/4: \$91/\$101	

*No class 3/30.

ADVANCED LEVEL

By instructor invitation only

Performance

1/12-Recital W	8:30-9:30 p.m.	1291.101 BR
by 1/3: \$81/\$91	on 1/4: \$91/\$101	

*No class 3/30.

FAMILY PROGRAMS

TUBING TOGETHER

All ages

Meet at Bison Ridge Recreation Center and travel to Idaho Springs for an hour of snow tubing. Price includes transportation, tube rental, and hot chocolate after our time on the hill. Lunch not provided, so please plan accordingly. No minimum age, but participants must be at least 36 inches tall, and all children must be accompanied by an adult.

12/20 M	9:30 a.m.-2 p.m.	\$25/\$30/person	7053.204 BR
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DAY OF SERVICE

Ages 6+ with an adult

Give back to the community and teach your children the value of generosity, all while spending time together. Stop by any time during the session to create winter care packages. Please register one family member only.

1/17 M	10 a.m.-2 p.m.	FREE	7701.101 EP
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FITNESS FOR THE FAMILY

Ages 11+ with an adult

A class for the whole family! Work on strength building and cardio endurance using a wide variety of equipment, creative formats and teamwork. A hands-on, knowledgeable instructor will hold you accountable for your workout to help you see the results you have been working for! Open to all fitness levels. Price includes up to 4 family members. Please register only one participant.

1/25 - 3/1 T	6:30-7:30 p.m.	\$25/\$30/family	3401.101 EP
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3/22 - 4/26 T	6:30-7:30 p.m.	\$25/\$30/family	3402.101 EP
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DADDY DAUGHTER DANCE- LIGHTS, CAMERA, ACTION!

For girls ages 4-17 with an adult male role model

We're rolling out the red carpet for your special girl! Join us for a blockbuster evening of dancing, games, crafts and prizes.

2/4 F	6-9 p.m.	\$12/\$15/person (fees increase to \$16/\$19 after 1/31)	7751.101 BR
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FAMILY PAINT PARTY

Ages 6+ with an adult

Create a beautiful work of art with instruction and supplies provided by Gallery on the Go!

2/9 W	6-8 p.m.	\$18/\$20/person	7011.101 EP
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5/4 W	6-8 p.m.	\$18/\$20/person	7012.101 EP
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MINI COMIC CON

All Ages

Geek out at this family-friendly day of crafts, cosplay, storytelling, and more as we celebrate all things pop-culture. A full schedule of events will be available at c3gov.com/recreation in February.

3/19 Sa	10 a.m.-4 p.m.	FREE	7752.101 BR
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EASTER EGGSTRAVAGANZA

All Ages

Dye eggs, make crafts, get your picture taken with the Easter bunny, and enjoy an egg hunt!

4/9 Sa Eagle Pointe Recreation Center

Two entry times available:

9-9:15 a.m. entry (Event ends at 10:45 a.m.) 7702.101

11-11:15 a.m. entry (Event ends at 12:45 p.m.) 7702.102

MOMMY AND ME MAD HATTER'S TEA

For children ages 3+ with an adult female role model.

Don't be late for this very important date with your favorite little one! Join us for a rather curious morning of tea, sandwiches, crafts, games and more.

4/30 Sa 10 a.m.-Noon \$7/\$10/person 7753.101 BR

FAMILY FUN FRIDAYS

Ages 5+ with an adult

Spend quality time laughing, playing and learning with your family. Please only register one family member per session.

F 6-8:30 p.m. \$10/\$15/family

1/14 Game Night 7081.101 BR

1/28 Family Flix 7031.101 EP

2/18 Literacy Night 7082.101 BR

2/25 Try 'N Escape 7032.101 EP

3/11 Zumba 7033.101 EP

3/25 Astronomy Night 7083.101 BR

4/15 Family Flix 7084.101 BR

4/22 Arts and Crafts 7034.101 EP

5/13 Game Night 7035.101 EP

5/20 Try 'N Escape 7085.101 BR

HORSE TREK @ SUNSET

Ages: 6+ with an adult

Experience Horse Trek in a new way with sunset trail rides! Meet at Eagle Pointe Recreation Center and travel offsite for trail rides each week. Times subject to change. Please register each participant separately.

5/7-5/21 Sa 3-10 p.m. \$100/\$125/person 7402.101 EP

FAMILY WILDLIFE AND HABITAT TOUR

Ages: 6+ with an adult

Explore the wildlife and their habitats throughout the Rocky Mountain Arsenal National Wildlife Refuge with the help of this guided tour. Please register each participant separately.

4/23 Sa 9 a.m. - Noon \$10/\$15/person 7413.101EP

FAMILY STEWARDS DAY

All Ages

Help spread the word about the importance of outdoor stewardship and encourage people to serve the outdoors and help maintain the places we recreate. Assist with weed mitigation, beaver mitigation, trail maintenance and more!

This is a great opportunity for teen community service hours. Breakfast and lunch provided by Commerce City Recreation and Sand Creek Regional Greenway. Please register each participant separately.

Specific meeting location: TBD

4/16 Sa 9:30-11:30 a.m. Free 7415.101 EP

PRESCHOOL AGED PROGRAMS

HOLIDAY COOKIE DECORATING

Ages 3-5 with an adult

We provide the supplies, you provide the creativity. Stop by any time during the two hour session for hot chocolate, cookie decorating, and crafts.

12/6 M 2-4 p.m. \$3/\$5/person 7001.307 EP

12/13 M 10 a.m.-Noon \$3/\$5/person 7053.203 BR

PARENT & TOT CLASSES

Create music, art, and fun together.

Parent/tot ages 2 – 5 with an adult (price is per child)

M 9-9:45 a.m. \$22/\$28 EP

1/10-1/24 Wild About Animals 7111.101

2/7-2/21 Music Makers 7112.101

3/7-3/21 Let's Get Building 7113.101

4/4-4/18 Storybook Adventures 7114.101

5/2-5/16 It's a Colorful World 7115.101

W 2-2:45 p.m. \$22/\$28 EP

1/12-1/26 Tales n' Tunes 7111.102

2/9-2/23 Mess Makers 7112.102

3/9-3/23 Create with Me 7113.102

4/6-4/20 Make and Model 7114.102

5/4-5/18 Toddler Time 7115.102

PARENT-TOT YOGA

Ages 2-5 with an adult

Barking dogs and hissing snakes and roaring lions, oh my! This child yoga class mixes yoga poses with games, stories, and music to teach preschool aged kids the basics of yoga. The children will learn breathing, mindfulness, and relaxation techniques while playing and growing their imagination. Cost includes registration for one parent and one child. Please register under the child's name.

3/7-3/28 M 10:00-10:45 a.m. \$40/\$45 3261.101 BR

4/4-4/25 M 10:00-10:45 a.m. \$40/\$45 3262.101 BR

JUMPBUNCH SPORTS AND FITNESS FOR KIDS

Sports. Smiles. Fitness. Fun! Come see what being fun and fit is all about. Each week we introduce your child to a new sport or fitness activity in a safe and encouraging environment. Parent/Tot Ages 1.5-2.5 with an adult (price is per child)

Th 9:15-9:45 a.m. BR

1/6-1/27 \$44/\$55 7161.101

2/3-2/24 \$44/\$55 7162.101

3/3-3/31 \$55/\$66 7163.101

4/7-4/28 \$44/\$55 7164.101

5/5-5/26 \$44/\$55 7165.101

Ages 2.5-3.5 with an adult (price is per child)

Th 10-10:30 a.m.	BR	
1/6-1/27	\$44/\$55	7161.102
2/3-2/24	\$44/\$55	7162.102
3/3-3/31	\$55/\$66	7163.102
4/7-4/28	\$44/\$55	7164.102
5/5-5/26	\$44/\$55	7165.102

Ages 3.5-6

Th 10:45-11:30 a.m.	BR	
1/6-1/27	\$48/\$60	7161.103
2/3-2/24	\$48/\$60	7162.103
3/3-3/31	\$60/\$72	7163.103
4/7-4/28	\$48/\$60	7164.103
5/5-5/26	\$48/\$60	7165.103

PRESCHOOL AGED ENRICHMENT

Ages 3-5

Our enrichment classes allow students to be creative and put into practice their natural gifts, talents, and passions. With a new theme each month, there is something for every child.

M 3-3:45 p.m.	\$16/\$20	BR
1/10-1/24	Dino Discovery	7181.101
2/7-2/21	Spanish Exploration	7182.101
3/7-3/21	Music Mania	7183.101
4/4-4/18	STEAM Rollers	7184.101
5/2-5/16	Messy Art	7185.101
Tu 10-10:45 a.m.	\$16/\$20	EP
1/11-1/25	Cookin' Kids	7101.101
2/8-2/22	Love & Kindness	7102.101
3/8-3/22	Let's Get Springin'	7103.101
4/5-4/19	Watch Us Grow	7104.101
5/3-5/17	STEAM On!	7105.101

TINY TREKS

Ages 3-5

Together we explore our senses, create curiosity, and develop a love of the natural world. Class is held outdoors whenever possible; please dress your child appropriately.

F 10-10:45 a.m.	\$16/\$20	BR
1/7-1/21	Snow Much Fun	7191.101
2/4-2/18	Winter Wonderland	7192.101
3/4-3/18	Colorful Creations	7193.101
4/1-4/15	Earth Appreciation	7194.101
5/6-5/20	Here Comes Summer	7195.101

DISCOVERY KIDS

Ages 3 – 5

Discovery Kids is an interactive class session with a focus on skill building, independence, and hands on fun!

Bison Ridge

Tu, W, Th 2-4 p.m.

1/4-01/27	Arctic Animal Friends	7151.101
\$120/\$160		
2/1-2/24	Hot Chocolate and More	7152.101
\$120/\$160		
3/1-3/31*	Random Acts of Kindness	7153.101
\$150/\$200	*no program 3/22-3/24	
4/5-4/28	Cherry Blossoms	7154.101
\$120/\$160		
5/3-5/19	Let's Go to the Circus	7155.101
\$90/\$120		

JUNIOR JAM

Ages 3-5

Enjoy a night out while we take care of the kids. We play games, make crafts, sing and read stories.

F 6-8:30 p.m. \$10/\$12 BR

1/7	Jump Into the New Year	7171.101
2/11	Bee Mine	7172.101
3/4	Leprechaun Luck	7173.101
4/1	Spring Fling	7174.101
5/13	Summer Bash	7175.101



FITNESS

DROP-IN GROUP FITNESS CLASSES

Bison Ridge & Eagle Pointe

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 27 people maximum, cycling are limited to the first 13 riders. Silver Sneakers classes do not require a Silver Sneakers membership to attend. The most up to date information about classes and their times can be found online at: www.c3gov.com/fitness

CARDIO + STRENGTH INTERVAL TRAINING

Cardio + Strength classes combine exercises that elevate your heart rate to increase cardiovascular endurance and strength exercises, using a variety of equipment, and help you gain muscle. All levels welcome.

CYCLING

Indoor cycling classes are a low-impact, high calorie burn cardio session, we have knowledgeable instructors to help you get your bike set up correctly and comfortably to ensure you get the most out of your workout. Beginners through advanced welcome.

DANCE BASED

Danced based classes will give you a total body workout while grooving to different genres of music, from Latin inspired music to today's hottest hits. Our dance fitness classes will leave you sweating and wanting more! For all levels of fitness.

SILVER SNEAKERS

For our older Active Adults, but open to everyone, we offer a few different Silver Sneakers classes, 5 days a week between Bison and Eagle Pointe Recreation Centers. Join Silver Sneakers Classic, Silver Sneakers Circuit, or Silver Sneakers BOOM that combines fun and fitness to increase your cardiovascular endurance, muscular strength, and cognitive abilities.

WEIGHT TRAINING

Experience a full body, strength training work out in our weight training drop-in classes. We have a variety of strength-based classes including quick, 30-minute strength training classes to hour-long classes. All fitness levels welcome.

YOGA/PILATES

These classes offer a variety of movements and poses that improve flexibility, posture, and core strength. We have gentle yoga classes, higher intensity, vinyasa flow, and sun salutation yoga classes, and different Pilate's classes that focus on strengthening and toning your whole body.

All class schedules, titles, and descriptions can be found on c3gov.com/fitness

PERSONAL TRAINING SERVICES

Bison Ridge & Eagle Pointe

For more information about any of these fitness services or to schedule an appointment with fitness professional, call 303-286-6835

FITNESS EQUIPMENT ORIENTATION

14 years and older

Orientations include a demonstration of the proper use of equipment, weight room etiquette and proper equipment safety.

Call 303-286-6835 to schedule

FITNESS ASSESSMENTS

14 years or older

Measurements include BMI, blood pressure, body fat, strength, endurance, and flexibility. Consultation and analysis of results are included. To schedule an appointment, call 303-286-6835

Cost: \$25/\$30

PERSONAL TRAINING

Incorporate fitness assessments, goal setting and health education into challenging workouts specially designed for your specific needs and goals with a nationally certified personal trainer. No matter your goals, your personal trainer will help you achieve them. Your personal trainer instructs you on proper technique provides exercise options and motivates you to achieve your fitness goals. If you have any adaptive needs, please contact us at 303-286-6835.

Sessions are available in:

3, 6, and 10 one-hour sessions.

Fill out an intake packet at Bison Ridge or Eagle Pointe's front desk, after review, your trainer will contact you. Call 303-286-6835 or email ebelton@c3gov.com for more information. You can also view all of our personal trainer bios on our website at c3gov.com/fitness.

FITNESS & WELLNESS PROGRAMMING

Strength and Cardio Fitness Programs

SPRING SKI AND BOARD TRAINING

16 years and older

With blue skies and fresh powder days ahead, sign up for this strength and cardio class to train your body to push it on the slopes. This class will focus on cardio endurance and lower body strength.

1/24-2/28 M	7:00-8:00 p.m.	\$55/\$60	3152.101 BR
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Complete this training program and join our Group Ski and Board Day! Transportation and lunch included. Lift tickets and gear not included.

3/5 Sa	7 a.m.-4 p.m.	\$25/\$35	7463.101 BR
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GOLF GAINS

16 years and older

If you want to hit the golf ball harder and further, this is the class for you. In this sport specific fitness program, you will focus on exercises that will improve your golf game. Work on rotational mobility, stability, and strength. Increase your core strength and flexibility in your hips and lower back to produce a swing that is powerful and technically sound.

4/7-5/12 Th	7:00-8:00 p.m.	\$70/\$75	3154.101 BR
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TRX + KETTLEBELLS

16 years and older

This individualized exercise class uses only TRX and Kettlebells to give you a full body workout. You will tone and strengthen all your major muscle groups while also getting your heartrate up to burn the maximal amount of calories. Led by a Certified Personal Trainer, you'll learn proper form, and get more one on one attention in a smaller group setting. Get ready to see results!

2/17-3/24 Th 7-8 p.m. \$70/\$75 3151.101 BR

PARENT-TOT YOGA

Ages 2-5 with an adult

Barking dogs and hissing snakes and roaring lions, oh my! This child yoga class mixes yoga poses with games, stories, and music to teach preschool aged kids the basics of yoga. The children will learn breathing, mindfulness, and relaxation techniques while playing and growing their imagination. Cost includes registration for one parent and one child.

3/7-3/28 M 10-10:45 a.m. \$40/\$45 3261.101 BR

4/4-4/25 M 10-10:45 a.m. \$40/\$45 3262.101 BR

TEEN WEIGHT LIFTING

15-18 years old

Learn the basics of power lifting, weight room etiquette and proper lifting technique. This class is for teens who want to learn how to squat, bench, and more. Get the most out of your workout by using correct form, and gain those gains!

1/11 - 2/15 Tu 7-8 p.m. \$60/\$65 3181.101 BR

3/8 - 4/12 Tu 7-8 p.m. \$60/\$65 3182.101 BR

BUILD BOOT CAMP

16 years and older

Our progressive boot camp include exercise testing at the beginning and end of the course to assess growth. Work on strength building and cardio endurance using a wide variety of equipment, creative formats and teamwork. A hands on knowledgeable instructor will hold you accountable for your workout to help you see the results you've been hoping (and working) for! Open to all fitness levels!

3/22 - 5/12 Tu/Th 5:15-6:16 p.m. \$150/\$155 3451.101 BR

FITNESS FOR THE FAMILY

11 years and older with an adult

A class for the whole family! Work on strength building and cardio endurance using a wide variety of equipment, creative formats and teamwork. A hands on, knowledgeable instructor will hold you accountable for your workout to help you see the results you have been working for! Open to all fitness levels! Price includes up to 4 family members. Please register only one person per family.

1/25 - 3/1 Tu 6:30-7:30 p.m. \$25/\$30 per family
3401.101 EP

3/22 - 4/26 Tu 6:30-7:30 p.m. \$25/\$30 per family
3402.101 EP

ACTIVE ADULTS ON WEIGHTS

50 years and older

Strength training improves bone health, posture, balance, and ability to do everyday activity. Learn practical tips for a successful exercise program you can do on your own! We use a variety of progressive strength training methods including exercise machines, resistance tubing, free weights, and body weight exercises. Taught by a certified personal trainer.

2/1 - 2/22 Tu 9:30-10:30 a.m. \$30/\$35 3121.101 EP

3/8 - 3/29 Tu 9:30-10:30 a.m. \$30/\$35 3122.101 EP

BUFF BONES

50 years and older

This class uses techniques to strengthen bone tissue and improve balance while removing soft tissue restrictions, and it draws upon Pilates, somatics, functional movement, and therapeutic exercise. It's a bone-strengthening and balance-enhancing workout that can benefit anyone looking to tone up, enhance posture, improve balance, and gain overall strength – and they're also safe for people with osteoporosis and arthritis.

2/1 - 3/1 Tu 11 a.m. - Noon \$45/\$50 3051.101 BR

GOLDEN BOOT CAMP

50 years and older

Golden Boot Camp is a modified boot camp class for older adults. Designed for all fitness levels, older adults will learn to use the circuit machines in the weight room, learn proper form in more advanced exercises like squats, and get familiar with other equipment like TRX and kettlebells. Get a full body workout to strengthen muscles for functional living like fall prevention, pushing, pulling, and lifting.

2/3-2/24 Th 1 - 2 p.m. \$45/\$50 3171.101

4/7-4/28 Th 1 - 2 p.m. \$45/\$50 3172.101

Mind/ Body Fitness and Wellness Programs

MAT PILATES WORKSHOP

16 years and older

Learn the basics of mat Pilates step by step and continue to progress in more difficult moves. Gain flexibility, build strength and develop control and endurance in the entire body. This workshop puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

3/2 - 3/30 W 5:30-6:30 p.m. \$45/\$50 3651.101 BR

4/6 - 5/4 W 5:30-6:30 p.m. \$45/\$50 3652.101 BR

READY, SET, GOAL!

16 years and older

Ready, Set, Goal is a 5 week, goal-setting class. You'll explore how to create motivating goals and be successful in meeting them. You will also get the opportunity to set a small goal to practice what you're learning. Come ready to share about your experiences and learn from others. Leave with some self-discovery and skills that can continue to influence a positive, goal achieving life!

1/3 - 1/31 M 6-7 p.m. \$55/\$60 3951.102 BR

DIABETES SELF-EMPOWERMENT PROGRAM

18 years and old

Join us for a FREE series of four, 2-hour long diabetes group classes. These classes will help you to develop the tools you need to better manage your diabetes. Your goals may be: Control your Blood Sugar, Have more Energy, Spend Less on Health Care, Reduce Diabetes Symptoms such as Blurred Vision, Headaches and Constant Visits to a Bathroom. And, Feel Better! Our classes are interactive and involve lively discussions. Feel free to have your friend or family member attend for support. A registered dietitian will lead classes from the Tri-County Health Department

3/21-4/11 M 10 a.m.-Noon FREE 4701.108 EP

Martial Arts

TAEKWONDO

8 years and older

Develop self-discipline, endurance, coordination, and self-confidence through Taekwondo. Throughout the session, learn self-defense, jiu jitsu, sparring, and combination movements. You will be tested on jump kicks, sparring, board breaking and more to move up in belt rank. Mouthpiece and cup/chest protection required to join class. Uniforms and pad available for additional purchase but not required. Additional \$5.00 testing fee when applicable.

1/18-2/22 Tu	6:30-8 p.m.	\$40/\$45	3901.101 EP
1/18-2/24 Tu/Th	6:30-8 p.m.	\$80/\$85	3901.102 EP
1/20-2/24 Th	6:30-8 p.m.	\$40/\$45	3901.103 EP
3/1-4/5 Tu	6:30-8 p.m.	\$40/\$45	3902.101 EP
3/1-4/7 Tu/Th	6:30-8 p.m.	\$80/\$85	3902.102 EP
3/3-4/7 Th	6:30-8 p.m.	\$40/\$45	3902.103 EP



New Year, Get in Gear!

CITY OF COMMERCE CITY NEW YEAR'S WELLNESS PROGRAM

16 years and older

This New Year's program will get your body, mind, and soul in gear that will keep you on a healthy path that lasts past January! The program lasts three months with weekly check-ins, education seminars, and group workouts. Monthly weigh-ins, body measurements, body composition to check body fat percentage. Win prizes for meeting your goals! This program includes the following:

- Weekly Group Workout
- Monthly Weigh-Ins, Measurements, and Body Composition Check-Ins
- Monthly Group Nutrition Seminars
- Monthly Goal Check-In to Win Prizes
- Registration to a 5 Week Goal Setting Class
- Registration to our Build Boot Camp Class
- 3 Personal Training Sessions

1/3- 3/30 M/W 6-7:30 p.m. \$360/\$380 3751.101 BR



Winter Rates

Nov. 7, 2021-Mar. 6, 2022

Seven days a week and holidays	9 Hole	18 Hole
M-Th	\$14.50	\$25.50
F-Su	\$17.50	\$29.50

Other Rates	9 Hole	18 Hole
Cart rental (per person)	\$10	\$15
Pull cart	\$3	\$6
Range balls	\$4 Small	\$6 Large

SENIOR APPRECIATION DAY

(all day Monday; holidays excluded)	9 Hole	18 Hole
	\$12	\$24

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

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

GOLF

Celebrate the New Year at Bison Grill

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

Dec. 31, 2021 • 5:30-8:30 p.m.

Book A Tee Time

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

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

Location

15700 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.

From Nov. 25, 2021-Mar. 8, 2022, the Bison Grill will change to winter hours and open for breakfast daily at 8 a.m.

The kitchen will close at 8 p.m. Saturday-Thursday and at 9 p.m. on Friday.

Bison Grill at Buffalo Run Golf Course

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





GYMNASTICS

Bounce into Spring Beginning level classes focus on movement

Registration for parent-taught and pre-gymnastics starts December 6 for Residents and December 8 for Non-Residents.

PARENT-TAUGHT Ages 2-4 and parent

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.

1/3-2/14 M by 12/28 \$27/\$37	9-9:45 a.m. on 12/29 \$37/\$47	2101.101
1/4-2/15 Tu by 12/28 \$27/\$37	9-9:45 a.m. on 12/29 \$37/\$47	2101.102
1/4-2/15 Tu by 12/28 \$27/\$37	10-10:45 a.m. on 12/29 \$37/\$47	2101.103
1/8-2/19 Sa by 12/28 \$27/\$37	9-9:45 a.m. on 12/29 \$37/\$47	2101.104
3/7-4/18 M by 3/1 \$27/\$37	9-9:45 a.m. on 3/2 \$37/\$47	2102.101
3/8-4/19 Tu by 3/1 \$27/\$37	9-9:45 a.m. on 3/2 \$37/\$47	2102.102
3/8-4/19 Tu by 3/1 \$27/\$37	10-10:45 a.m. on 3/2 \$37/\$47	2102.103
3/12-4/23 Sa by 3/1 \$27/\$37	9-9:45 a.m. on 3/2 \$37/\$47	2102.104

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.

1/3-2/14 M by 12/28 \$27/\$37	10-10:45 a.m. on 12/29 \$37/\$47	2201.101
1/3-2/14 M by 12/28 \$27/\$37	11-11:45 p.m. on 12/29 \$37/\$47	2201.102
1/4-2/15 Tu by 12/28 \$27/\$37	11-11:45 a.m. on 12/29 \$37/\$47	2201.103
1/8-2/19 Sa by 12/28 \$27/\$37	10-10:45 a.m. on 12/29 \$37/\$47	2201.104
1/8-2/19 Sa by 12/28 \$27/\$37	11-11:45 a.m. on 12/29 \$37/\$47	2201.105
3/7-4/18 M by 3/1 \$27/\$37	10-10:45 a.m. on 3/2 \$37/\$47	2202.101
3/7-4/18 M by 3/1 \$27/\$37	11-11:45 p.m. on 3/2 \$37/\$47	2202.102
3/8-4/19 Tu by 3/1 \$27/\$37	11-11:45 a.m. on 3/2 \$37/\$47	2202.103
3/12-4/23 Sa by 3/1 \$27/\$37	10-10:45 a.m. on 3/2 \$37/\$47	2202.104
3/12-4/23 Sa by 3/1 \$27/\$37	11-11:45 a.m. on 3/2 \$37/\$47	2202.105

Early registration for beginning, advanced beginning and intermediate class levels starts December 20 for residents and December 22 for non-residents for session 1, ending on December 26th. Starting December 27, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Session 2 early registration opens February 21 for residents and February 23 for non-residents, ending on February 28. Starting on March 1, 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.

1/3-2/14 M by 12/28 \$30/\$40	4:30-5:30 p.m. on 12/29 \$40/\$50	2301.101
1/3-2/14 M by 12/28 \$30/\$40	5:30-6:30 p.m. on 12/29 \$40/\$50	2301.102
1/3-2/14 M by 12/28 \$30/\$40	7:30-8:30 p.m. on 12/29 \$40/\$50	2301.103
1/3-2/14 M by 12/28 \$30/\$40	7:30-8:30 p.m. on 12/29 \$40/\$50	2301.104

1/5-2/16 W by 12/28 \$30/\$40	4:30-5:30 p.m. on 12/29 \$40/\$50	2301.105
1/5-2/16 W by 12/28 \$30/\$40	6:30-7:30 p.m. on 12/29 \$40/\$50	2301.106
1/5-2/16 W by 12/28 \$30/\$40	7:30-8:30 p.m. on 12/29 \$40/\$50	2301.107
1/5-2/16 W by 12/28 \$30/\$40	7:30-8:30 p.m. on 12/29 \$40/\$50	2301.108
1/8-2/19 Sa by 12/28 \$30/\$40	Noon-1 p.m. on 12/29 \$40/\$50	2301.109
3/7-4/18 M by 3/1 \$30/\$40	4:30-5:30 p.m. on 3/2 \$40/\$50	2302.101
3/7-4/18 M by 3/1 \$30/\$40	5:30-6:30 p.m. on 3/2 \$40/\$50	2302.102
3/7-4/18 M by 3/1 \$30/\$40	7:30-8:30 p.m. on 3/2 \$40/\$50	2302.103
3/7-4/18 M by 3/1 \$30/\$40	7:30-8:30 p.m. on 3/2 \$40/\$50	2302.104
3/9-4/20 W by 3/1 \$30/\$40	4:30-5:30 p.m. on 3/2 \$40/\$50	2302.105
3/9-4/20 W by 3/1 \$30/\$40	6:30-7:30 p.m. on 3/2 \$40/\$50	2302.106
3/9-4/20 W by 3/1 \$30/\$40	7:30-8:30 p.m. on 3/2 \$40/\$50	2302.107
3/9-4/20 W by 3/1 \$30/\$40	7:30-8:30 p.m. on 3/2 \$40/\$50	2302.108
3/12-4/23 Sa by 3/1 \$30/\$40	Noon-1 p.m. on 3/2 \$40/\$50	2302.109

GO BEYOND BASICS

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.

1/3-2/14 M by 12/28 \$30/\$40	4:30-5:30 p.m. on 12/29 \$40/\$50	2311.101
1/3-2/14 M by 12/28 \$30/\$40	6:30-7:30 p.m. on 12/29 \$40/\$50	2311.102
1/5-2/16 W by 12/28 \$30/\$40	5:30-6:30 p.m. on 12/29 \$40/\$50	2311.103
1/8-2/19 Sa by 12/28 \$30/\$40	Noon-1:00 p.m. on 12/29 \$40/\$50	2311.104
1/8-2/19 Sa by 12/28 \$30/\$40	2-3 p.m. on 12/29 \$40/\$50	2311.105
3/7-4/18 M by 3/1 \$30/\$40	4:30-5:30 p.m. on 3/2 \$40/\$50	2312.101
3/7-4/18 M by 3/1 \$30/\$40	6:30-7:30 p.m. on 3/2 \$40/\$50	2312.102

3/9-4/20 W by 3/1 \$30/\$40	5:30-6:30 p.m. on 3/2 \$40/\$50	2312.103
3/12-4/23 Sa by 3/1 \$30/\$40	Noon-1 p.m. on 3/2 \$40/\$50	2312.104
3/12-4/23 Sa by 3/1 \$30/\$40	2-3 p.m. on 3/2 \$40/\$50	2312.105

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

1/3-2/14 M by 12/28 \$40/\$50	6-7:30 p.m. on 12/29 \$50/\$60	2321.101
1/5-2/16 W by 12/28 \$40/\$50	6-7:30 p.m. on 12/29 \$50/\$60	2321.102
1/8-2/19 Sa by 12/28 \$40/\$50	2-3:30 p.m. on 12/29 \$50/\$60	2321.103
3/7-4/18 M by 3/1 \$40/\$50	6-7:30 p.m. on 3/2 \$50/\$60	2322.101
3/9-4/20 W by 3/1 \$40/\$50	6-7:30 p.m. on 3/2 \$50/\$60	2322.102
3/12-4/23 Sa by 3/1 \$40/\$50	2-3:30 p.m. on 3/2 \$50/\$60	2322.103

PRE-TEAM

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.

1/7-2/18 F by 12/28 \$50/\$60	5:30-7:30 p.m. on 12/29 \$60/\$70	2441.101
1/8-2/19 Sa by 12/28 \$50/\$60	2-4 p.m. on 12/29 \$60/\$60	2441.102
3/11-4/22 F by 3/1 \$40/\$50	5:30-7:30 p.m. on 3/2 \$50/\$60	2442.101
3/12-4/23 Sa by 3/1 \$40/\$50	2-4 p.m. on 3/2 \$50/\$60	2442.102



BOYS BEGINNING

Ages 6-17

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

1/7-2/18 F	4:30-5:30 p.m.	2351.101
by 12/28 \$30/\$40	on 12/29 \$40/\$50	

1/7-2/18 F	4:30-5:30 p.m.	2351.102
by 12/28 \$30/\$40	on 12/29 \$40/\$50	

3/11-4/22 F	4:30-5:30 p.m.	2352.101
by 3/1 \$30/\$40	on 3/2 \$40/\$50	

3/11-4/22 F	4:30-5:30 p.m.	2352.101
by 3/1 \$30/\$40	on 3/2 \$40/\$50	

BOYS ADVANCED

Ages 6-17

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

1/7-2/18 F	5:30-7:30 p.m.	2361.101
by 12/28 \$50/\$60	on 12/29 \$60/\$70	

3/11-4/22 F	5:30-7:30 p.m.	2362.101
by 3/1 \$50/\$60	on 3/2 \$60/\$70	

CARA teams offer chance to compete in gymnastics

Registration for all CARA team level programs start December 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 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.

1/4-1/27 Tu/Th	5-7 p.m.	2401.101
by 12/29 \$90/\$100	on 12/30 \$100/\$110	

2/1-2/24 Tu/Th	5-7 p.m.	2402.101
by 1/26 \$90/\$100	on 1/27 \$100/\$110	

3/1-3/31 Tu/Th	5-7 p.m.	2403.101
by 2/23 \$112/\$122	on 2/24 \$122/\$132	

4/5-4/28 Tu/Th	5-7 p.m.	2404.101
by 3/30 \$90/\$100	on 3/31 \$100/\$110	

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.

1/4-1/27 Tu/Th	7-9:30 p.m.	2411.101
by 12/29 \$90/\$100	on 12/30 \$100/\$110	

2/1-2/24 Tu/Th	7-9:30 p.m.	2412.101
by 1/26 \$90/\$100	on 1/27 \$100/\$110	

3/1-3/31 Tu/Th	7-9:30 p.m.	2413.101
by 2/23 \$112/\$122	on 2/24 \$122/\$132	

4/5-4/28 Tu/Th	7-9:30 p.m.	2414.101
by 3/30 \$90/\$100	on 3/31 \$100/\$110	

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 Level 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 Coach

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



PARKS AND TRAILS

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.

Henderson Hill Overlook & Buckley Trails

In May 2021 we celebrated the opening of two new trails in Commerce City. The new Henderson Hill Overlook and Buckley Trailheads are located on the Rocky Mountain Arsenal National Wildlife Refuge and are accessible via the new paved parking lot at the intersection of E. 96th Avenue and Chambers Road.

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.

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.



City Offers 20 Parks with Many Amenities

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

COMMERCE CITY YOUTH SPORTS

**DEVELOP TEAMWORK
LEARN SPORTSMANSHIP
BUILD FRIENDSHIPS AND GET ACTIVE!**

REGISTRATION

Bison Ridge 303-286-6801
Eagle Pointe 303-289-3789
c3gov.com/register

Youth Basketball

JUNIOR NUGGETS

Hoop it up with Commerce City and the Denver Nuggets in 2022! All participants will receive a Denver Nuggets jersey and a free ticket to see a Denver Nuggets game at Ball Arena.

DIVISION I (COED CLINIC) KINDERGARTEN

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

Registration Deadline: 12/8	5001.101
Start Date: Week of 1/19	
Early Bird: 12/1	\$45/\$55
After: 12/1	\$55/\$65

DIVISION II (COED LEAGUE PLAY) GRADES 1-2

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

Registration Deadline: 12/8	5001.102
Start Date: Week of 1/3	
Early Bird: 12/1	\$65/\$75
After: 12/1	\$75/\$85

Additional information can be found on teamsideline.com/commercecity

DIVISION III – GRADES 3-4

5001.103 (Boys) and 5001.104 (Girls)

DIVISION IV – GRADES 5-6

5001.105 (Boys) and 5001.106 (Girls)

(Separate Boys and Girls Leagues)

Enhance basketball skills through practice and games in this exciting, challenging and fast-paced program. Players focus on improving the fundamentals of dribbling, passing and shooting while learning the different strategies of playing defense and running offensive plays. Teams meet twice a

week in the evening for practice (day/time determined by coach). Games are played on Saturday mornings at the Bison Ridge Recreation Center.

Registration Deadline: 12/8	
Start Date: Week of 1/3	
Early Bird: 12/1	\$75/\$85
After: 12/1	\$85/\$95

DENVER NUGGETS SKILLS CHALLENGE

Boys and girls showcase their basketball skills and talents in dribbling, passing, and shooting in this FREE competition. The top scorers from each age group advance to a sectional competition and the top sectional scorers advance to the state championship. With the chance to be recognized at a Nuggets game after that. For information, email Nic Jones at njones@c3gov.com

Ages 6-13 (as of April 30).

Registration begins 30 minutes prior to each age groups' start time and ends at start time.

1/24 M Bison Ridge Recreation Center

6-9 year olds: 5:30 p.m. registration,	6 p.m. start time
10-13 year olds: 7:00 p.m. registration,	7:30 p.m. start time

BASKETBALL "WARM UP" CAMPS

Get ready for the 2022 basketball season! Practice your shooting, dribbling, passing, and more during this two-day mini-camp. Camp will be structured as a supervised, drop in, lightly instructed learn and play opportunity for youth ages 8-13. All participants receive a basketball. We will offer two separate camp opportunities located at the Bison Ridge Recreation Center and the Eagle Pointe Recreation Center.

Registration Deadline: 12/15

Cost: \$30

12/27-12/28	Bison Ridge	5401.101
8-10 year olds: 8:30 - 10 a.m. each day		
11-13 year olds: 10:30 a.m. - Noon each day		
12/29-12/30	Eagle Pointe	5401.102
8-10 year olds: 5:45-7:15 p.m. each day		
11-13 year olds: 7:15-8:45 p.m. each day		

REGISTRATION

Bison Ridge 303-286-6801
Eagle Pointe 303-289-3789
c3gov.com/register

SPRING SPORTS

Youth Volleyball

VOLLEYBALL FUNDAMENTALS CAMP - BR

Develop the fundamentals of volleyball during this mini-camp. Camp will be for youth ages 9-13. All participants will receive a camp gift. Camp is located at the Bison Ridge Recreation Center.

Registration Deadline: 12/15	5401.103
Cost: \$30/\$40	
Camp Date: 12/27-12/28	6-8 p.m. Bison Ridge

VOLLEYBALL FUNDAMENTALS CAMP - EP

Develop the fundamentals of volleyball during this mini-camp. Camp will be for youth ages 9-13. All participants will receive a camp gift. Camp is located at the Eagle Pointe Recreation Center.

Registration Deadline: 12/15	
Cost: \$30/\$40	
Camp Date: 12/29-12/30	9 a.m. to 11 a.m. Eagle Pointe

YOUTH VOLLEYBALL – GRADES 2-6

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: 3/1	5101.101
By 2/22	\$55/\$65
After 2/22	\$65/\$75
Start Date: Week of 3/14	

YOUTH VOLLEYBALL – GRADES 7-8

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: 3/1	5101.102
By 2/22	\$60/\$70
After 2/22	\$70/\$80
Start Date: Week of 3/14	

Youth Soccer

SOCCER COED DIVISION I: KINDERGARTEN-GRADE 1

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

Registration Deadline: 3/1	5201.101
By 2/22	\$50/\$60

After 2/22	\$60/\$70
Start Date: Week of 3/21	

SOCCER COED DIVISION II: GRADES 2-3

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

Registration Deadline: 3/1	5201.102
By 2/22	\$55/\$65
After 2/22	\$65/\$75
Start Date: 3/21	

SOCCER COED DIVISION III: GRADES 4-5

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

Registration Deadline: 3/1	5201.103
By 2/22	\$60/\$70
After 2/22	\$70/\$80
Start Date: Week of 3/21	

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

GET SOCIAL

facebook.com/commercecityparksrecgolf
instagram.com/commercecityparksrecgolf

YOUTH SPORTS 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 or that is in your neighborhood. Proof of address or enrollment verification may be required before start of season. We will do our best to form teams for each school and to have practices take place at these locations. If teams are unable to be formed at your particular school, we will combine schools/teams that are in close proximity. Registrations received after teams are filled will be put on a waitlist. If enough players sign up before the registration deadline, we will do our best to form a new team from this list. After the registration deadline, waitlisted players may be added to a team if a player drops out before mid-season. Registrations and waitlisted players are on a first-come, first-serve basis. During the season, teams use local schools' fields or gyms for practice. When there are conflicting uses, recreation staff will work to arrange an alternate location; however, practices may be canceled in rare cases. City staff makes every effort to find coaches for each team. If unable to find a coach, a staff member will run the first practice with assistance from the players' parents. If a coach is not found prior to the first scheduled game, the team

LOCAL YOUTH SPORTS PROVIDERS

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 njones@c3gov.com.

SPORTS – YOUTH REGISTRATION

Bison Ridge 303-286-6801
Eagle Pointe 303-289-3789
C3gov.com/register

Our Youth Sports Philosophy

Parents, keep in mind that all of the city's youth athletic programs are guided by the recreational philosophy. It is our objective to give children an opportunity to participate in youth sports and ensure a positive experience and an equal amount of playing time. Volunteer coaches teach children the basic skills and fundamentals of the sport in which they are participating in; however, a strong emphasis is made toward developing teamwork, sportsmanship, and most importantly having fun. We encourage coaches to communicate to the youngsters that success does not always involve winning a game and defeat does not necessarily equate with failure; a focus on dedication and hard-work from the child is often most important. NOTE: We ask that children who participate in a competitive league for a particular sport refrain from participating in our recreational based program in that same sport. It is our goal to keep the level of play equal and fun for the recreational participant. Refund Policy: A refund for the program may be permitted before and after a program starts, however, incurred fees such as jersey costs, prorated fees, and administrative fees will be calculated into the refunded rate.

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.

Officials, We Need You!

Commerce City is now looking for referees for the winter basketball season. Games are Saturday mornings at the Bison Ridge Recreation Center. A free clinic will be held prior to the season. Please call Nic Jones for more information at 303-289-3705.

WEATHER INFORMATION

VISIT TEAMSIDELINE.COM/COMMERCECITY FOR UP TO DATE INFORMATION.

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.

LOCAL YOUTH SPORTS PROVIDERS LIST AND CONTACTS:

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.

Raiders Tackle Football (Fall) - Daniel Montez - 303.406.3095 or cc_raider@msn.com

Lady Raiders Cheerleading Squad (Fall) – Sonia Montez - 303.523.2281 or ccyacheer@hotmail.com

Girls' Softball (Spring) - Bryon Guyer 303-903-0047 or bndguyer@msn.com

ADAMS CITY WRESTLING CLUB

The ACWC provides opportunities for all youth, ages 4-18, to develop their wrestling skills to the highest level possible. Practices are held Monday through Wednesday evenings and matches are on weekends. For more information call Tim Lucero at 970-381-5020 or email: AdamsCityWrestlingClub@aol.com

BRIGHTON YOUTH BASEBALL ASSOCIATION (BYBA) SPRING AND FALL PROGRAMS

Competitive Baseball (Ages 7-14)

Four different levels of competitive baseball: Major, AAA, AA, & 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 metro area. For more information visit: <https://www.brightonyouthbaseball.com/> or contact Cory Moul at 720-263-1075

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. President: Courtney Vance: 720 616-9757 or visit www.thunderhawksfootball.com

BISON LACROSSE CLUB (SPRING/SUMMER/FALL)

Bison lacrosse Club offers youth lacrosse for all levels of experience in the 1st-12th grades. 1st-8th graders participate in the Colorado Youth Lacrosse Association (CYLA). Teams

practice twice per week and games are played on the weekends throughout the Denver metro area. 9th-12th grades compete in a high school-specific league. Teams practice twice per week and games are played in the DTC area. All coaches follow Positive Coaching Alliance principles. Email for scholarship, and loaner gear is availability.

Spring Grades 1-8

Registration: January Season: March-June

Summer Grades 9-12

Registration: April Season: June-July

Fall Grades 1-12

Registration: June-July Season: September-October.

For more information on our program offerings please visit www.bisonlaxclub.com. Contact us by email at info@bisonlaxclub.com or by phone at 303-668-0542



NORTH SUBURBAN THUNDER POP WARNER FOOTBALL ASSOCIATION (FALL)

National competitive football league for youth ages 5-14. Pop Warner offers both unlimited weight and age/weight based divisions so that no child is left behind. Pop Warner is the largest youth football league in country. Rookie Tackle is available for ages 5-7. All coaches are USA Football certified and background checked annually. Want to compete on a national stage? 75% of all NFL players played Pop Warner Football. Contact us today! President: Andrew Leschnik 720-940-1941 or visit www.nsthunder.com

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.

SPORTS LEAGUE	INFO AVAILABLE	LEAGUE BEGINS	LEAGUE ENDS
Winter Basketball	December	January	March
Winter Volleyball	December	January	March
Summer Softball	March	May	July
Summer Kickball	March	May	July
Summer Outdoor Volleyball	April	June	August
Fall Softball	July	August	October
Fall Futsal	July	August	October

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.

Drop-in Pickleball at Bison Ridge

Tuesdays	5:30 a.m.-Noon
Thursdays	5:30 a.m.-Noon
Sundays	8:30 a.m.-Noon

Drop-in Volleyball

Bison Ridge – Gym #3

Monday	7:30-9:30 p.m.
Sundays	12:30-5:30 p.m.

Eagle Pointe – Gym #3

Fridays	7-9:30 p.m.
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WINTER BASKETBALL LEAGUE AT BISON RIDGE, MEN'S

Men's Adult Basketball League. First six teams to register have a spot in the league. Games are played Wednesday nights from 6-9:30 p.m. League begins 1/19. 10-game season. Call 303-289-3706 for more information.

League meeting: 1/5	7 p.m.	BR
Registration deadline: 1/7	\$550/\$575	

WINTER VOLLEYBALL LEAGUE AT BISON RIDGE, COED

Coed Adult Volleyball League. First six teams to register have a spot in the league. Games are played Monday nights from 6-9:30 p.m. League begins 1/17. 10-game season. Call 303-289-3706 for more information.

League meeting: 1/5	6 p.m.	BR
Registration deadline: 1/7	\$250/\$275	

SUMMER SOFTBALL LEAGUE - COED

Get a team of five men and five women together for adult coed softball league! Games are played on Wednesdays at 6 p.m. at Pioneer Park. League begins 5/4. 10-game season. Call 303-289-3706 for information.

League meeting: 4/20	6 p.m.	EP
Registration price	\$550/\$575	

SUMMER SOFTBALL LEAGUE - MENS

Join the fun of adult men's evening softball! Tuesday E-Rec League begins 5/3. Thursday Industrial League begins 5/4. 10-game season. Games are played at Pioneer Park. Call 303-289-3706 for information.

League meeting: 4/21	6 p.m.	EP
Registration price	\$550/\$575	

PRIVATE RACQUETBALL LESSONS

Get one-on-one instruction in racquetball to improve technique and power. Call 303-289-3706 to schedule a private lesson.

1 lesson	\$27/\$30
3 lessons	\$60/\$64



Batting cages

Fine-tune your swing. Ideal for team and individual practice. For more information, call 303 289-3706 during business hours or call 303-287-4905 during the hours listed below.

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

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

Fee: \$1.50 for 15 pitches

- \$20 – punch card good for 15 tokens
- \$25 per half-hour (one stall)
- \$40 per hour (one stall)

Spring hours, 4/2-5/27

Mon–Fri, 4-8 p.m.

Sat–Sun, noon-5 p.m.

Summer hours, 5/28-8/5

Mon–Fri, 3-8:30 p.m.

Sat–Sun, Noon-8 p.m.

Fall hours, 8/6-10/2

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.

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.

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 303-289-3706.

Pioneer Park, 5902 Holly St.

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

Fairfax Park, 6850 Fairfax St.

Three multipurpose baseball/softball fields (Game or practice fields).

Municipal Services Center, 8602 Rosemary St.

Two multipurpose football/soccer fields (Game fields).

Fronterra Park, 10020 Joplin St.

Three multipurpose football/soccer fields (Practice fields).

River Run Park, 11515 Oswego St.

Two multipurpose football/soccer Fields (Practice fields)

Monaco Park, 5790 Monaco St.

Two outdoor and volleyball sand courts with lights

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).

YOUTH SERVICES PROGRAMS

KIDZ ONLY

Ages 6-11

Need a break from your parents? Join us for Kidz Only. We play games, make crafts, and build friendships.

F 7:30-8:30 p.m.	\$10/\$12	BR	
1/7	Jump Into the New Year		7251.101
2/11	Bee Mine		7252.101
3/4	Leprechaun Luck		7253.101
4/1	Spring Fling		7254.101
5/13	Summer Bash Pool Party		7255.101

KIDZ ONLY PLUS

Ages 3 - 11

Join us for a pajama party after our regular Kidz Only session! We'll be watching a kid friendly movie and providing a light snack. Please feel free to bring a blanket and pillow to better enjoy the movie.

Adults 21+ can check out Comedy Night at Buffalo Run from 8-10 p.m. See page 7 for more information. Be sure to register for both Kidz Only and Kidz Only Plus for a full night of fun for the kids.

2/11 F	7:30-10:30 p.m.	\$5/\$9	7252.102 BR
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MIDDLE SCHOOL MADNESS

Grades 6-8

Party with your friends and make new ones with games, music, fun and prizes! No registration required. 7:15-10 p.m. No entry after 8 p.m. Saturdays \$2/person

Bison Ridge Recreation Center

1/8 Sa	Jump into the New year	
3/5 Sa	Leprechaun Luck	
5/14 Sa	Summer Bash Pool Party	

Eagle Pointe Recreation Center

2/12 Sa	Be Mine	
4/2 Sa	Spring Fling Pool Party	

BOXING

Ages 11-17

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

Thursdays	Eagle Pointe drop off 5 - 8:30 p.m.	Bison Ridge drop off 5:30-8 p.m.
1/6-1/27	7901.102	7901.103
2/3-2/24	7902.102	7902.103
3/3-3/31	7903.102	7903.103
4/7-4/28	7904.102	7904.103

THE PAGE TURNERS

Grades 6-8

Grab a book, cozy up, and get lost in the story. Join Recreation staff to discuss a new book each month, create book themed crafts, snack and enjoy the company of others. Books subject to change.

4-5 p.m.	FREE	
January:	Esperanza Rising by Pam Munoz Ryan	7261.101
February:	On the Edge of the Dark Sea of Darkness by Andrew Peterson	7262.101
March:	Artemis Fowl by Eoin Colfer	7263.101
April:	The Westing Game by Ellen Raskin	7264.101
May:	Code Name Verity by Elizabeth Wein	7265.101

COPS V. KIDS

Ages 9-14

Come see how you rank against the cops. Bring your friends and join in this friendly competition. Check in at 4:45 p.m. FREE! No registration required.

2/18 F	Bison Ridge	Dodgeball
4/15 F	Pioneer Park	Wiffleball

SPORTS JAM

Ages 8-14

Cheer on our local Colorado sports teams while meeting new friends. Admission, meal voucher and transportation included. Drop off and pick up at the recreation center.

2/6 Su	Denver Nuggets	Noon-6 p.m.	\$40/\$50
7201.101 EP			
4/2 Sa	Colorado Avalanche	11:30 a.m.-4:30 p.m.	\$40/\$40
7271.101 BR			

TEEN WEIGHT LIFTING

Ages 15-19

Learn the basics of power lifting, weight room etiquette and proper lifting technique. This class is for teens who want to learn how to squat, bench, and more, get the most out of their workouts by using correct form, and gain those gains!

1/11 - 2/15 Tu	7-8 p.m.	\$60/\$65	3181.101 BR
1/11 - 2/15 Tu	7-8 p.m.	\$60/\$65	3182.101 BR

BABYSITTER'S CLUB

Ages 14 - 17

Get certified in child and infant CPR, First Aid, and AED skills so you can start your babysitting business! We will also go over basic child development and emergency procedures.

3/22 Tu	9 a.m. - 4 p.m.	7211.101 EP
3/24 Th	9 a.m. - 4 p.m.	7281.101 BR

RECESS GAMES

Ages 6-10

Dodgeball, kickball, Gaga Ball, and more! We'll be playing games in the gym all night. Come prepared to get your sweat on! Adults 21+ can check out Evening on the Titanic at Buffalo Run. Visit c3gov.com/recreation for more information.

4/14 Th	5:30 - 8:30 p.m.	7282.101 BR
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SOCIAL HUB: BISON RIDGE

Ages 11-17

Drop-in activities including a tech lab, Playstation, Nintendo Switch, crafts and board games.

Mon-Wed 5:30-8:30 p.m. FREE

DROP IN: EAGLE POINTE

Ages 11-17

Drop-in activities including billiards, Xr-game wall, XBOX One, Nintendo Switch, crafts and board games.

Tu-F 5:30-8:30 p.m. FREE

Sa* Noon-5 p.m. FREE

*Saturdays are for ages 11-adult

SCOUT BADGE WORKSHOPS

We offer workshops to assist Boy and Girl Scouts in mastering the important skills required to earn a badge. Our workshops include activities like arts and crafts, STEM, swimming, babysitting, cooking and more. Prices range from \$5-\$15/ scout and all materials and badges are included. For more information or to schedule a session for your troop, contact Jessica Boles- 303-289-3659 or jboles@c3gov.com

YOUTH AND TEEN ADVISORY COMMITTEE

YAC members are youth 11-17 who want to have fun and positively impact the community. As a YAC member, you have the chance to work with city leaders, participate in volunteer projects, speak your mind about issues, plan and implement activities and provide leadership for your community. You also participate in team building and leadership programs, and make lots of new friends!

Want to get involved? Now accepting applications for 2021/2022 school year! Pick up an application at Eagle Pointe or Bison Ridge Recreation Center, or download one from our website at www.c3gov.com. Please call 303-289-6830 with any questions.

NIGHT OF THE STARS

All aspiring performers in grades K-12 are invited to participate in the CPRA Night of the Stars Talent Competition. This annual event provides an opportunity for talented youth to show case their skills in three separate categories: Vocal, Music and Variety. The competition divided into three age groups: K-4, 5-8 and 9-12. Interested performers first participate in their local show and the winners then go on to compete at the Grand Finale State Show, which is held at a different venue across the Metro area each year. More information about our local NOTS show will be available at c3gov.com/recreation in January.

ADAMS COUNTY MAYORS AND COMMISSIONERS YOUTH AWARDS (ACMCYA)

ACMCYA is an award program that recognizes teenagers between the ages of 13 and 19 who have overcome personal adversity, created positive changes in their environments, or who have contributed in their own way towards making their lives or communities a better place in which to live. To nominate a young person, download the nomination form from c3gov.com or call 303-289-3659 for more information.

STEAM Programs

TECH TIME

Ages 6-8

Learn the basics of coding with Ozobots and Spheros.

Tu 5-6 p.m. \$3/\$5 EP

1/4 7301.101

1/18 7301.102

2/1 7302.101

2/15 7302.102

3/1 7303.101

3/15 7303.102

4/5 7304.101

4/19 7304.102

5/3 7305.101

5/17 7305.102

CODE CLUB

Ages 9-14

Make your own games, animations, and websites with coding languages such as Scratch and Python.

Tu 6:30-7:30 p.m. \$3/\$5 EP

1/4 7311.101

1/18 7311.102

2/1 7312.101

2/15 7312.102

3/1 7313.101

3/15 7313.102

4/5 7314.101

4/19 7314.102

5/3 7315.101

5/17 7315.102

GALLERY ON THE GO

Ages 6-10

Create beautiful works of art with instruction and materials provided by Gallery on the Go!

3/21 M 4:30-5:30 p.m. \$18/\$20 7351.101 BR

4/2 Sa 10 a.m.-Noon \$18/\$20 7352.101 BR

Ages 11-15

4/23 Sa 10 a.m.-Noon \$18/\$20 7352.102 BR

OH SNAP PHOTOGRAPHY!

Ages 11 - 15

Work with different modes of photography including landscape, portrait, sports, and more. Travel off site to practice techniques in different settings. Cameras and transportation provided!

3/23-3/25 M-W 9 a.m. - Noon \$55/\$65 7361.101 BR

Outdoor Recreation

ADVENTURE EXPLORERS: SNOW SERIES

Ages 11-17

Adventure is calling with our snow adventure series! Join us for 3 days of fun in the snow and excitement! Activities include ice skating, tubing and snowshoeing.

1/8-1/22 Sa	8 a.m.-3 p.m.	\$120/\$135	7451.101 BR
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ADVENTURE EXPLORERS: X-TREME SERIES

Ages 11-17

Adventure is calling with our x-treme adventure series! Join us for 4 days of fun and excitement including rock climbing, ziplining, high ropes course and rappelling.

4/2-4/23 Sa	8 a.m.-3 p.m.	\$140/\$165	7452.101 BR
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SKI SCHOOL

Ages 8-13

Learn to ski at Echo Mountain! Practice stopping, turning, and getting the basics down. Lift tickets and ski rentals (includes boots, poles and helmet) are included.

1/29-1/30 Sa, Su	8 a.m. - 4 p.m.	\$160/\$180	7461.101 BR
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2/5-2/6 Sa, Su	8 a.m. - 4 p.m.	\$160/\$180	7462.101 BR
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URBAN FARM

Ages 8-13

Join us for an all around the farm experience at The Urban Farm. Visit with the livestock, dive into agriculture, explore natural sciences and more!

3/21-3/24 M-Th	9 a.m. - 2 p.m.	\$30/\$40	7401.101 EP
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HORSE TREK @ SUNSET

Ages 6+ with an adult

Experience Horse Trek in a new way with sunset trail rides! Meet at Eagle Pointe and travel offsite for trail rides each week. Times subject to change.

5/7-5/21 Sa	3-10 p.m.	\$100/\$125	7402.101 EP
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INTRO TO ARCHERY

Ages 6-12

Learn proper technique in this beginner archery course.

5/7-5/21 Sa	9 a.m.- Noon	\$35/\$45	7421.101 EP
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BIGHORN SHEEP AT GARDEN OF THE GODS

All Ages

Come help celebrate our state mammal and learn all about the Rocky Mountain Bighorn sheep. Youth activities, guided nature walks, door prizes, Bighorn talks, touch tables, shuttle rides to bighorn lookouts, and more!

2/12 Sa	8:30 a.m. - 4 p.m.	\$10/\$15	7475.101 BR
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KIDS TO PARKS DAY

Ages 3+

Celebrate a national day of outdoor play with us at Pioneer Park as we make and fly kites, play classic outdoor games, and go on a scavenger hunt.

5/21 Sa	2-4 p.m.	FREE	7711.101 Pioneer Park
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100 THINGS TO DO BEFORE YOU'RE 12

Ages 6-11

There are a million fun things to do outside when you're a kid. Maybe more. But where do you start? How about with Generation Wild's list of 100 things every kid absolutely needs to do outside before they're 12.

January

Build a snowman, go cardboard box sledding, make snow ice cream and more!

1/17 M	10 a.m. - 2 p.m.	\$5/\$7	7471.101 BR
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February

Imitate a bird call, identify animal tracks, find a walking stick and more! Group will travel to Rocky Mountain Arsenal National Wildlife Refuge.

2/21 M	10 a.m. - 2 p.m.	\$5/\$7	7472.101 BR
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March

Plant seeds, learn to use a map and compass, brew sun tea and more!

3/7 M	10 a.m. - 2 p.m.	\$5/\$7	7473.101 BR
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April

Skip rocks, dig to China, find a secret hiding place and more! Group will travel to Bear Creek Lake Park.

4/11 M	9:30 a.m. - 3 p.m.	\$5/\$7	7474.101 BR
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*100 Things to Do activities are subject to change based on weather.

ASTRONOMY NIGHT

Ages 13-18

Explore the sky without the distractions of city lights. Learn the constellations and how to use a telescope. End the night with a campfire. Meet at Eagle Pointe and travel to Barr Lake.

3/23 W	7-9:30 p.m.	\$15/\$25	7411.101 EP
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FAMILY FUN FRIDAY: ASTRONOMY NIGHT

Ages 5+ with an adult

Find the big dipper, see a shooting star, enjoy a campfire and more! Meet at Barr Lake.

*This program offers activities from the list of 100 Things to Do Before You're 12

3/25 F	6-8:30 p.m.	\$10/\$15/family	7083.101 BR
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PROJECT GROW

Grades 3-5

Join Sand Creek Regional Greenway as we explore environmental sciences, nature and more!

3/2 W	Soil Testing	5:30-7 p.m.	\$5/\$7
7414.101 EP			

Do you ever wonder why most plants need soil in order to grow? Become a scientist and conduct your very own soil test to find out why!

3/9 W	Urban Wildlife	5:30-7 p.m.	\$5/\$7
7414.102 EP			

They're swift, they're silent, and rarely seen...they're owls. Find out what animals have become an owl's midnight snack by dissecting your own owl pellet!

SUMMER CAMPS

Our state licensed summer camps provide a safe and nurturing place for kids and teens to become independent and self-confident- all while making new friends and learning new skills.

CAMP OPEN HOUSE

Stop by one of our camp open houses to pick up enrollment packets and LIT applications, tour the Eagle Pointe Recreation Center, meet the camp leadership team, and get answers to any questions you may have.

ENROLLMENT PACKETS

All children attending camp are required to complete an enrollment packet prior to registration. Enrollment packets can be downloaded at www.c3gov.com/camp beginning Feb. 1, 2022 or picked up at one of our camp open houses.

CAMP REGISTRATION

Registration must be done in person at either rec center. Parents must submit a completed enrollment packet for each camper at the time of registration. Space is limited and spots fill quickly. Early registration is encouraged.

IMPORTANT DATES

Camp Open House

Saturday, Jan. 29	10 a.m.-Noon	EP
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Camp Open House

Wednesday, Feb. 9	6-8 p.m.	EP
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RESIDENT REGISTRATION OPENS

Wednesday, Feb. 16	10 a.m.	
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NON RESIDENT REGISTRATION OPENS

Thursday, Feb. 17	10 a.m.	
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PRE-CAMP INFORMATION MEETING FOR ALL REGISTERED FAMILIES

Wednesday, May 18	6 p.m.	EP
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3/16 W	Habitats	5:30-7 p.m.	\$5/\$7
7414.103 EP			

Everyone needs a home, including the wildlife around us. Discover the essential needs a habitat provides for wildlife and create your own miniature habitat to take home!

3/30 W	Scats & Tracks	5:30-7:30 p.m.	\$5/\$7
7414.104 EP			

Become a wildlife detective by learning how to read and interpret the signs animals leave behind. Go on a walk to search for scat, tracks, and more! Meet at Wetlands Loop on the Sand Creek Regional Greenway.

JUNIOR RANGER PROGRAM

Ages 6-12

Complete activities throughout the Rocky Mountain Arsenal National Wildlife Refuge and earn your official Junior Ranger badge.

4/9 Sa	9 a.m. - Noon	\$10/\$15	7412.101EP
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FAMILY STEWARDS DAY

All Ages

Help spread the word about the importance of outdoor stewardship and encourage people to serve the outdoors and help maintain the places we recreate. Assist with weed mitigation, beaver mitigation, trail maintenance and more! Great opportunity for teen community service hours! Breakfast and lunch provided by Commerce City Recreation and Sand Creek Regional Greenway.

Specific meeting location: TBD

4/16 Sa	9:30-11:30 a.m.	Free	7415.101 EP
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FAMILY WILDLIFE AND HABITAT TOUR

Ages 6+ with an adult

Explore the wildlife and their habitats throughout the Rocky Mountain Arsenal National Wildlife Refuge with the help of this guided tour. Please register each participant separately.

4/23 Sa	9 a.m. - Noon	\$10/\$15/person	7413.101 EP
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Ages 18+ Outdoor Recreation

SNOWSHOES AND HOT CHOCOLATE

Strap on some snowshoes and hit the trail at Staunton State Park. Enjoy the scenic views while you stay warm with hot chocolate. Snowshoes and trekking poles provided! Meet at Eagle Pointe Recreation Center.

2/19 Sa	9 a.m. - 2 p.m.	\$10/\$15	7422.101 EP
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GROUP SKI & BOARD DAY

Catch a ride to Loveland Ski Area from Bison Ridge for a day on the slopes. Take a break at the Loveland Wedge Bar for lunch on us! Lift tickets and gear are not included. Get ready with our Spring Ski and Board Training, 3152.101.

3/5 Sa	7 a.m. - 4 p.m.	\$25/\$35	7463.101 BR
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LEADERS IN TRAINING

Our Leaders in Training (LIT) program is designed for teens ages 14-15 who are thinking about a career working with children. Participants complete a CPR/First Aid course and learn leadership skills, conflict resolution, program planning, and safe supervision techniques during training week. Then we practice those skills with some hands-on learning in Youth Camp Venture. Teens who are interested must complete an application and participate in an interview. Please note that this program is selective, and some applicants may not be chosen.

Applications Available Saturday, January 29
10 a.m. EP and BR**

Application Deadline Friday, March 18
5 p.m. EP and BR

Interviews April 4-15 EP and BR

Mandatory Training Tu-Th, May 31 – June 2 9 a.m.-4 p.m.
FREE EP

LIT Block A: M-Th, June 6-June 30 9 a.m.-4 p.m.
\$50/\$75/week EP

LIT Block B: M-Th, July 11-August 4 9 a.m.-4 p.m.
\$50/\$75/week EP

*No camp Monday, May 30 or Monday, July 4. Price is prorated for those weeks.

**Applications available online at www.c3gov.com/camp

YOUTH CAMP VENTURE

This traditional camp for children ages 6-10 offers arts and crafts, STEM, active play, swimming and weekly field trips.

5/31-8/5* M-F	\$135/\$160 per week	7 a.m.-6 p.m
Week	Theme	Field Trip**
May 31 - June 3	Animal Planet	Denver Zoo
June 6 - June 10	Mission Impossible	Adam's Mystery Playhouse
June 13 - June 17	In It to Win It	Rockies Game
June 20 - June 24	Not All Heroes Wear Capes	Firefighter Museum
June 27 - July 1	Amazing Race	Denver Children's Museum
July 5 - July 8	Invention Convention	Urban Air
July 11 - July 15	Mad Science	Denver Nature and Science Museum
July 18 - July 22	Splash Splash	Pirate's Cove
July 25 - July 29	Around the World	Cook at Camp
Aug 1 - Aug 5	Summer Bash	Aurora Reservoir

*No camp 5/30 or 7/4. Price is prorated for those weeks.

**Trips subject to change

ADVENTURE TREK

This field trip based camp provides a new adventure every day. Teens ages 11-14 travel offsite for hiking, museum tours, amusement parks, and water activities. Drop off and pick up at Eagle Pointe Recreation Center.

5/31-8/4* M-Th	\$135/\$160 per week	7 a.m.-6 p.m
Week	Theme	Field Trip
May 31- June 2	Creatures & Crawlers	Horseback Riding
June 6 - June 9	Beach Bums	Paddle Boarding
June 13- June 16	Challenge Week	Obstacle Course
June 20- June 23	Beyond the Wild	Paradise Island
June 27 - June 30	Coloradical	Whitewater Rafting
July 5- July 7	Mission Impossible	Escape Room
July 11 - July 14	Sports Week	Rockies Game
July 18 - July 21	H2O	Water World
July 25 - July 28	Adrenaline Rush	Elitch Gardens
Aug 1 – Aug 4	Summer Bash	Aurora Reservoir

*No camp 5/30 or 7/4. Price is prorated for those weeks.

**Trips subject to change

Summer Enrichment Programs

Our Summer Enrichment Programs offer innovative, challenging and fun summer classes in a variety of topics-providing an opportunity for every child to explore new subjects, learn new skills, and discover new interests in a

positive and engaging environment. Please visit c3gov.com/camp for complete program descriptions.

Resident Registration Opens: 2/16 W • 10 a.m.

Non Resident Registration Opens: 2/17 Th • 10 a.m.

STEAM AND ACTIVE PROGRAMS

Ages 6-10

WEEK	9-10:30 a.m.	10:30 a.m.-Noon	Noon-12:30 p.m. Party room	12:30-2 p.m.	2 p.m.-4 p.m.
June 6-9	Fashion Academy I \$50/60 7651.201	Breakfast and Beyond \$20/27 7651.202	Lunch Bunch \$5/\$9 7651.203	Superhero Ninja Training with JB Sports \$50/\$60 7651.204	Krazy Crime Lab \$80/\$90 7651.205
June 13-16	Gallery on the Go! - Kids 'N Canvas \$50/60 7652.201	Icky Sticky \$20/\$27 7652.202	Lunch Bunch \$5/\$9 7652.203	Backyard Nature with Sandcreek \$50/60 7652.204	Chess Wizards \$80/\$90 7652.205
June 20-23	Intro to Ukulele \$50/60 7653.201	Under the Sea \$20/\$27 7653.202	Lunch Bunch \$5/\$9 7653.203	KidStage Drama Workshop \$50/\$60 7653.204	Transportation Engineering with LEGO \$80/90 7653.205
June 27- 30	Film Academy I \$50/60 7654.201	Cookie Crazy \$20/\$27 7654.202	Lunch Bunch \$5/\$9 7654.203	Fitness Challenge with JB Sports \$50/\$60 7654.204	AstroInnovators with NASA \$80/90 7654.205
July 5-7	Fashion Academy II \$50/60 7655.201	Summer Sensation \$20/\$27 7655.202	Lunch Bunch \$3/\$7 7655.203	Omniform \$50/60 7655.204	Intro to Boxing \$80/90 7655.205
July 11-14	Roald Dahl's Willy Wonka Kids! with 5280 Theater Company \$70/60 7656.201		Lunch Bunch \$5/\$9 7656.203	Backyard Nature II with Sandcreek \$50/60 7656.204	Jedi Engineering with LEGO \$80/90 7656.205
July 18-21	Gallery on the Go! - Kids 'N Canvas \$50/60 7657.201	Peaches and Beaches \$20/\$27 7657.202	Lunch Bunch \$5/\$9 7657.203	Total Sports with JB Sports \$50/60 7657.204	Chess Wizards \$80/90 7657.205
July 25-28	Film Academy II \$50/60 7658.201	Let's Get Creative \$20/\$27 7658.202	Lunch Bunch \$5/\$9 7658.203	Omniform Martial Arts \$50/60 7658.204	Underground Explorers \$80/90 7658.205
August 1-4	Junior Fire Academy \$70/87 7659.201		Lunch Bunch \$5/\$9 7659.203	Live Action Flix \$130/150 7659.204	

OUTDOOR RECREATION PROGRAMS

June 6-9	Adventure Explorers: X-treme Series	Ages 11-17	\$140/\$165	7661.201
June 13-16	Mountain Adventure Crew	Ages 13-17	\$150/\$200	7663.201
June 20-23	Adventure Explorers: Water Series	Ages 11-17	\$140/\$165	7661.202
June 27-30	Adventure Explorers: Survivalist Series	Ages 11-17	\$100/\$125	7661.203
July 5-7	Adventure Explorers: Naturalist Series	Ages 11-17	\$75/\$100	7662.201
July 11-14	Adventure Explorers: X-treme Series	Ages 11-17	\$140/\$165	7662.202
July 26-28	Ultimate Warriors	Ages 13-17	\$75/\$100	7664.201

CAREER CAMPS

June 7-10	Youth Citizens Police Academy	Grades 9-12	FREE	7671.201
June 21-23	Female First Responder	Ages 14-18	\$30/\$35	7672.201
June 24	Female First Responder Optional CPR Certification	Ages 14-18	\$10/\$15	7672.202
June 28-July 1	Mini Police Camp	Ages 9-11	\$30/\$40	7673.201
July 18-21	Police Camp	Ages 11-15	\$100/\$150	7674.201

Recreation SCHOLARSHIP Program



ALL AGES CAN APPLY!

The Commerce City Department of Parks, Recreation and Golf offers a scholarship program for residents who demonstrate financial need. Residents of all ages may apply for up to 50% off a class session priced at \$21 or more.

Contact your local recreation center to learn more:
Eagle Pointe Recreation Center, 303-289-3760
Bison Ridge Recreation Center, 303-286-6800

Scholarships are funded in part by the Quality Community Foundation and the city's Community Development Block Grant program.



Goodfriends Scholarship Program

Apply for funding for Bison Ridge and Eagle Pointe Recreation Center programs for ages 55 and older



**Fitness, Special Events, Trips,
Recreation memberships, and more!**

For more information contact:

Zach Roth, Active Adult Services Coordinator
303-289-3720
zroth@c3gov.com

GET *More* OUTTA LIFE

JOIN COMMERCE CITY PARKS, RECREATION AND GOLF on Facebook and Instagram!

 facebook.com/commercecityparksrecgolf

 instagram.com/commercecityparksrecgolf

