



COMMERCE CITY PARKS, RECREATION AND GOLF GUIDE

SUMMER 2022

Registration opens April 5

c3gov.com/recreation



**NEW! GEAR UP FOR THE
TOUR DE DONUT FAMILY
BIKE RIDE**

Details on the Summer Fun page

**FIND YOUR SUMMER
CAMP CONNECTION**

Details on page 41

Find us on:

 facebook.com/commercecityparksrecgolf

 instagram.com/commercecityparksrecgolf

Commerce City is your hometown for

Summer

FUN!

MEMORIAL DAY PARADE – The 56th annual Commerce City Memorial Day Parade brings the community together in honor of those who made the ultimate sacrifice in service to our country. Be a part of Colorado's largest Memorial Day Parade! View route information at c3gov.com/parade.

Mon 5/30 9:30 a.m. parade start

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

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

MUSIC IN THE PARK – Bring your lawn chairs and blankets (or shoes) for free concerts this summer!

July 21	6:30 - 8:30 p.m.	Chicano Heat	Veterans Memorial Park
July 28	6:30 - 8:30 p.m.	Quemando Salsa	Turnberry Park
Aug 4	6:30 - 8:30 p.m.	Chris Daniels and the Kings	Alsup Elementary School Park
Aug 11	6:30 - 8:30 p.m.	Groove n Motion	Fronterra Park

TOUR DE DONUT: A FAMILY BIKE RIDE

Pump up your tires and strap on your bike helmet for Commerce City's first ever Tour De Donut. This family bike ride will start and end at Fronterra Park. On this sweet ride through the trails at Second Creek Open Space, families will complete challenges along the way to earn their donuts. Families with younger children can register for a 1.6 mile route, or a 4 mile route option is available for families looking for a bit more adventure. Registration cost includes a t-shirt and delicious donuts provided by Commerce City's very own Tasty Donuts.

Sat 8/20 8 -10 a.m. \$30/\$35 7051.202 Fronterra Park

Registration open June 20 - August 15

*We cannot guarantee your t-shirt size for registrations after August 5.



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

- April 17**
Easter, BR & EP closed all day
- April 24**
BR & EP closed all day for PRG all staff training
- May 30**
Memorial Day, BR & EP closed all day
- July 4**
Independence Day, BR & EP closed all day
- August 22 – September 2**
BR closed for annual facility maintenance
- September 5**
Labor Day, BR & EP closes at 1 p.m.
- September 6 – 16**
EP closed for annual facility maintenance

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

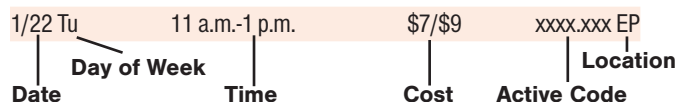
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How To Read This Guide

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.

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 Summer 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	Location

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

PARADICE ISLAND AT PIONEER PARK



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

WEATHER POLICY

- Refunds will not be granted in the event that the park closes due to inclement weather. This includes rain, lightning, tornado warnings, and any other weather concern that makes the park unsafe for guests.
- Instructions from lifeguards and guest relations staff must be obeyed at all times.
- Please be courteous. Foul language, fighting or abusive behavior will not be tolerated and will result in immediate ejection from the park.

PROPER SWIM ATTIRE IS REQUIRED

- Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.
- Personal safety devices must be removable and non-inflatable (Type III PFD Coast Guard Approved). Water wings, floatation suits, and swim trainers are not allowed.

AGE AND HEIGHT REQUIREMENTS

- Children age 5 and younger must be accompanied in the water and within arm’s reach by an adult age 18 or over.
- Children between the ages of 6-11 must be actively supervised by a person age 16 or older.
- Children age 12 and older may swim without adult supervision.
- Children who are not toilet trained must wear swim diapers.
- Guests must be 48” or taller to ride the slides.

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

HOURS

Opening day: May 28
 Closing Day August 14
 Daily 2 Hour Time Blocks
 10 a.m.-noon, 1-3 p.m., 4-6 p.m.

Reservations are not required for entry, and are for 2 hour time blocks. Drop-in participants permitted until capacity is reached for each timeslot. Reservations can be made online 3 days prior for Residents, and 2 days prior for Non-Residents.

To reserve spots, make sure you are registered with Commerce City’s registration system.

Residents will need to prove residency. Please allow 48 business hours for your account to be approved.

Make reservations for Paradise Island.
 Paradise Island’s available timeslots are
 10:00 a.m. – 12:00 p.m., 1:00 p.m. – 3:00 p.m.,
 4:00 p.m. – 6:00 p.m. daily.

Reservation no-shows or cancellations will not be refunded.

(ADMISSIONS FEES Table attached)

Daily Admission Fees

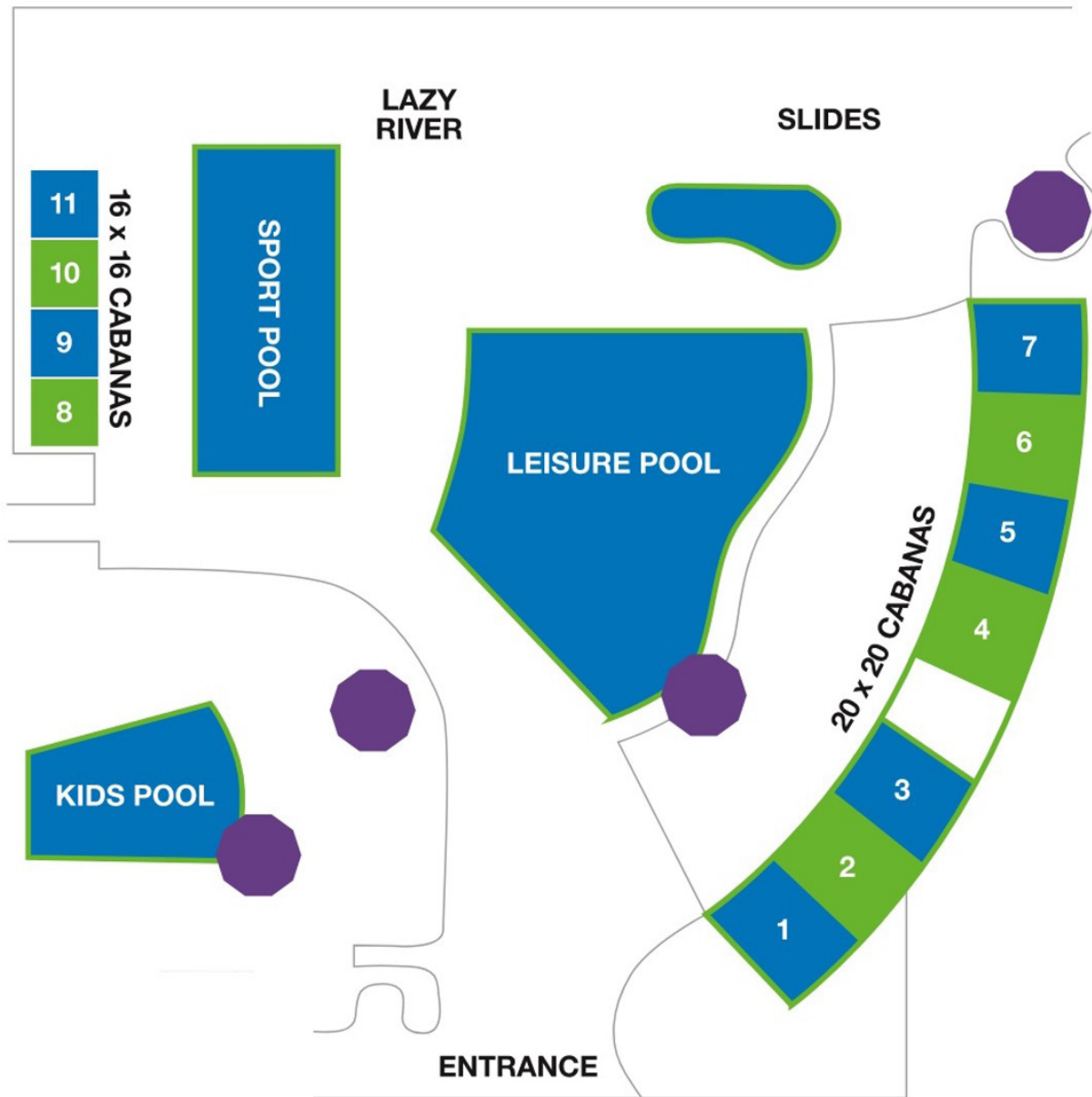
Resident Fees	Non-Resident Fees
Child 0-2 Free	Child 0-2 Free
Child 3-7 \$2	Child 3-7 \$6
Youth 8-17 \$3	Youth 8-17 \$8
Adult 18-61 \$4	Adult 18-61 \$10
Senior 62+ \$3	Senior 62+ \$8

To make Reservations you will need to be registered with Commerce City’s online registration system. You can create an account here, or if you already have an account, you can log in here. If you need to add family members to your account that can be done by contacting us:

Paradice Island 303-289-3769
 Bison Ridge 303-286-6801
 Eagle Pointe 303-289-3789

PARADISE ISLAND POOL PARTIES AND RENTALS

Fees are for cabana rentals only, and do not include admission to the park. Must make park admission reservations in order to rent a cabana. Cabana rental fees are due in full at time of reservation. Cabana reservations can be made for 2 hour time blocks.



Cabana Size	Resident	Nonresident
20x20 (up to 24 people)	\$10*	\$13*
16x16 (up to 12 people)	\$8*	\$10*

*Taxes not included. Must have park admission reservation in order to rent a cabana. Fees are for cabana rentals only, and do not include admission to the park. Cabana reservations are for 2 hour time blocks.

Cabanas 1-3: 4 picnic tables; seats 24; max capacity 32

Cabanas 4-7: 2 round tables and 7 lounge chairs; seats 15;
max capacity 23

Cabanas 8-11: 2 picnic tables; seats 12; max capacity 20

TO RESERVE A CABANA, CALL:

May 7 - May 28: 303-289-3789 or 303-286-6801

After May 28: 303-289-3769, 303-289-3789 or 303-286-6801

RENTAL INFORMATION:

Cabana reservations can be made up to 3 weeks in advance for residents, starting May 7th (residents only).

May 7 - May 28: 303-289-3789 or 303-286-6801

After May 28: 303-289-3769, 303-289-3789 or 303-286-6801

At the time of confirmation/booking 100% of the total rental fee is due, admissions for users will be paid upon entry to the park, and are not included in the price of the cabana reservation

RENTER RESPONSIBILITIES:

Rental applicant must be present during the entire rental and is responsible for the conduct of guests and condition of the cabana.

Clean up of the cabana is the responsibility of the renter. Please remove all trash, wipe down tables and chairs, and sweep the area.

Cabana must be cleaned with all items and guests out of the park by, or before the end of the timeslot.

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 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 the 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, and 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

Email: Zvenn@c3gov.com

Phone: 303-289-3761

COLOR OUTSIDE THE LINES

Ages 5-9

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

5/3 Tu	6-7:30 p.m.	\$5/\$7	7565.101 BR
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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.

5/14 Sa	11a.m.-1 p.m.	\$5/\$10	7522.101 EP
Mini Golf			
7/16 Sa	11a.m.-1 p.m.	\$5/\$10	7521.201 EP
Nickel-a-Play			

STORYTIME IN THE PARK

Ages 3-7

Dive into a story in the park at the Little Library. End the morning with a themed activity to go with the book. Each participant leaves with a new book! Meet at Veteran's Memorial Park.

6/2 Th	9-11 a.m.	\$5/\$10	7501.201 EP
6/23 Th	9-11 a.m.	\$5/\$10	7501.202 EP
7/7 Th	9-11 a.m.	\$5/\$10	7502.201 EP
8/4 Th	9-11 a.m.	\$5/\$10	7503.201 EP

PICNIC IN THE PARK

All Ages

Join us for a picnic in the park. Eat lunch together and explore a new park each month. Meet at Eagle Pointe Recreation Center.

6/7 Tu	11:30 a.m.-2:30 p.m.	\$5/\$10	7511.201 EP
E.B. Rains Park			
7/12 Tu	11:30 a.m.-2:30 p.m.	\$5/\$10	7512.201 EP
Carpenter Park			

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 jlaiden@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 - 8:25 a.m.

Session #	Session Dates	Activity Number	Registration Dates
1	6/11-7/9	6701.201	5/31-6/2
2	7/23-8/20	6702.201	7/12-7/14

8-14 years old, Saturdays @ 8:30-8:55 a.m.

Session #	Session Dates	Activity Number	Registration Dates
1	6/11-7/9	6701.202	5/31-6/2
2	7/23-8/20	6702.202	7/12-7/14

ADAPTIVE GYMNASTICS

Ages 4-17

Adaptive Gymnastics are part of Commerce City's SOAR (Special Opportunities in Adaptive Recreation) Program. SOAR Programs are adaptive programs that are intended for people with physical or intellectual differences or disabilities, and in many instances their family members, to experience the quality recreation offerings that Commerce City is known for with instructors who are keenly focused on adjusting the class to more acutely meet participants needs. SOAR programs welcome people of all abilities and are specifically designed to meet the needs of individuals and adapt each program to their specific needs or abilities.

Sa 5/14-6/17	4-4:45 p.m.	2601.201 BR
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
Sa 7/16-8/20	4-4:40 p.m.	2602.201 BR
by 7/5 \$24/\$34	on 7/6 \$34/\$44	

ADULTS

Events

36TH ANNUAL PANCAKE BREAKFAST**All ages**

Join Commerce City staff for the 36th annual pancake breakfast catered by Commerce City's own Bison Grill! On the menu are pancakes, sausage links, fruit, and sweet maple syrup. This is a family affair, so tell everyone you know! For the second year in a row, breakfast will be served take-out style at Eagle Pointe with a curbside pick-up option. Bring cash to participate in our "drive-by raffle" to win great prizes. Raffle tickets will be one for \$1 or six for \$5. Prizes will include a beautiful quilt made by the Active Adult quilting and sewing group, gift cards for meals at Bison Grill, passes to the incredible Buffalo Run Golf Course, passes to both the city's recreation centers, and more! Check the May On the Move newsletter and our social media pages for a complete list of prizes and more information. Buy your meal tickets in advance at the Eagle Pointe Recreation Center, by calling 303-289-3789 or online at c3gov.com/register.

5/7 Sa 8 - 9:30 a.m. \$9 4601.209 EP

New Outdoor Rec Programs For Some Summer Fun!

HIKE & HOPS**Ages 21+**

A cold beer is best enjoyed after a good hike! Join us as we explore Mount Falcon in Jefferson County Open Space. Discover some of our favorite trails with new friends and fellow hiking enthusiasts. After the hike, retreat to Green Mountain Beer Company and let us buy you some tasty appetizers. Please plan to bring money for some craft beers, we'll take care of the rest. Trekking poles available for use.

5/30 M 9 a.m. - 2 p.m. \$10/\$15 4451.201 BR

STAND-UP PADDLE BOARDING @ UNION RESERVOIR**Ages 18+**

Join us for a morning of fun on the water at Union Reservoir! Paddleboards, life jackets, and breakfast provided.

6/4 Sa 9 a.m. - 2 p.m. \$15/\$25 4451.202 BR

8/13 Sa 9 a.m. - 2 p.m. \$15/\$25 4451.204 BR

ZIP & SIP**Ages 21+**

Soar down Colorado's fastest and longest zip lines at Denver Adventures! When the zip line tour is over, head on to Colorado's Best Beers for a microbrew tasting.

7/9 Sa 9 a.m. - 2 p.m. \$90/\$95 4451.204 BR

COWBOY DINNER & SUNSET RIDE**Ages 18+**

Hit the trail at 12 Mile Stables for a 1.5-hour sunset trail ride complete with a cowboy dinner.

8/5 F 5-10 p.m. \$85/\$95 4451.205 BR

MARGARITAS AND MASTERPIECES**21+**

Grab your friends and get to know new ones at our summertime Margaritas and Masterpieces hosted by Commerce City's phenomenal Bison Grill! Join us in creating masterpieces while enjoying beverages, tasty appetizers, and the incredible views of the Buffalo Run Golf Course. Ticket includes paint supplies, painting instructions, two drink tickets, and appetizers. See our social media pages for more information!

7/26 Tu 5:30-8 p.m. \$59/\$64 4451.206 Bison Grill

SUMMER LUNCH GET-TOGETHERS

Come enjoy a tasty meal catered by Commerce City's own Bison Grill! Take your meal to-go or catch up with your friends in person as we serve up a delicious and well-balanced lunch and dessert. Sign up deadline is the Thursday before each lunch. When signing up for lunches, make sure you note whether you are dining in or taking out! Doors open at 11:45 a.m. for wheelchair seating and other accommodations. See "On the Move" for the menu.

Cinco de Mayo Celebration Lunch

Cinco de Mayo celebrates the Mexican army's victory over France at the Battle of Puebla on May 5, 1862, during the Franco-Mexican War. Come join in on our celebration and enjoy a tasty lunch with friends! Lunch at Eagle Pointe. Enjoy in-person or for take-out. Take-out will be available for pick-up at 1 p.m. at Eagle Pointe.

5/17 Tu Noon- 1:30 p.m. \$12/\$15 4201.201 EP

Beach Bash Lunch

Break out your Hawaiian shirts and flip-flops because this beach bash calls for bunches of fun! Come join the fun in the sun and enjoy a great lunch. Lunch at Bison Ridge. Enjoy in-person or for take-out. Take-out will be available for pick-up at 1 p.m. at Bison Ridge.

7/19 Tu Noon- 1:30 p.m. \$12/\$15 4251.201 BR

DOMINOS TOURNAMENT

All skill levels are welcome to compete in a fun afternoon of dominos played in the chicken foot format. The top finishers receive prizes and refreshments will be provided.

6/23 Th 10 a.m.-1 p.m. \$5/\$7 4601.201 EP

4TH OF JULY BBQ

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

7/1 F 10:30 - noon \$9/\$10 4601.202
Veterans Memorial Park

MONTHLY ACTIVITIES

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 like regular volleyball except cheeks stay in seats!

5/3 Tu	10-11 a.m.	Free	4601.205 EP
6/7 Tu	10-11 a.m.	Free	4601.206 EP
7/5 Tu	10-11 a.m.	Free	4601.207 EP
8/2 Tu	10-11 a.m.	Free	4601.208 EP

ART IN THE PARK

The sun is out, and the beautiful Colorado days are calling all artists of any ability to join in on the fun. The group will meet at Veteran's Memorial Park (6051 Forest Dr.) and share good times with a little flare of art to show off! Supplies included. One piece of art per person.

5/4 W	10 a.m. - Noon	\$10/11	4601.220
6/1 W	10 a.m. - Noon	\$10/11	4601.221
7/6 W	10 a.m. - Noon	\$10/11	4601.222
8/3 W	10 a.m. - Noon	\$10/11	4601.223

SUMMER STROLLS

Join us for some vitamin D and some light exercise with these spectacular summer strolls! 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.

5/10 Tu	9-10 a.m.	Free	4601.210	Rocky Mountain Arsenal
6/14 Tu	9-10 a.m.	Free	4601.211	Second Creek Open Space
7/12 Tu	9-10 a.m.	Free	4601.212	Sand Creek Trail
8/9 Tu	9-10 a.m.	Free	4601.213	The Fields at Dick Sporting Goods Park

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 a variety of prizes and bunches of fun! Registration is required to attend.

5/20 F	9 - 10:30 a.m.	\$10/\$12	4651.205 BR
6/17 F	9 - 10:30 a.m.	\$10/\$12	4651.206 BR
7/15 F	9 - 10:30 a.m.	\$10/\$12	4651.207 BR
8/19 F	9 - 10:30 a.m.	\$10/\$12	4651.208 BR

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 activity is limited.

5/25 W	10-11:30 a.m.	Free	4601.214 EP
6/29 W	10-11:30 a.m.	Free	4601.215 EP
7/27 W	10-11:30 a.m.	Free	4601.216 EP
8/31 W	10-11:30 a.m.	Free	4601.217 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.

5/27 F	1-2:30 p.m.	\$5/\$7	4601.226 EP
6/24 F	1-2:30 p.m.	\$5/\$7	4601.227 EP
7/26 F	1-2:30 p.m.	\$5/\$7	4601.228 EP
8/30 F	1-2:30 p.m.	\$5/\$7	4601.229 EP

TUESDAY MOVIE MATINEE AT EAGLE POINTE

Get out of the summer heat and enjoy some of Hollywood's newest productions! Join us at Eagle Pointe on the last Tuesday of the month to screen a movie and enjoy some classic movie snacks! See the "On the Move" newsletter for more information on each film.

5/31 Tu	1-3 p.m.	\$4/\$6	4601.218 EP	Respect
6/28 Tu	1-3 p.m.	\$4/\$6	4601.219 EP	Cruella
7/26 Tu	1-3 p.m.	\$4/\$6	4601.224 EP	In the Heights
8/30 Tu	1-3 p.m.	\$4/\$6	4601.225 EP	Soul



MOUNTAIN 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 some trips of a lifetime. This summer, we are getting a chance to see some views that you can only find by climbing a mountain. Join us as we visit the Alps, the Karakoram Mountain Range, Mount Meru, and Yosemite National Park. Each trip we go on comes with a souvenir or treat from the location we visit!

The Alps

The Alps are the highest and most extensive mountain range system that lies entirely in Europe, stretching approximately 746 miles across eight Alpine countries. We will follow mountain climber, John Harlin III, as he attempts to scale the north face of the Eiger in the Swiss Alps, one of the most dangerous climbs in the world.

5/19 Th 1-2:30 p.m. \$4/\$5 4651.201 BR

The Karakoram Mountain Range

Join us as we visit the Karakoram Mountain Range. The Karakoram Mountain Range is located near the steep-sided jagged peaks that make up the Himalayan Mountains. Follow climbers, as they attempt to climb K2, popularly known as the Savage Mountain. K2, at over 5 miles above sea level, is the second-highest mountain on Earth, after Mount Everest. It lies partially in the Gilgit-Baltistan region of Pakistan, and the view after its summit is something you won't want to miss.

6/16 Th 1-2:30 p.m. \$4/\$5 4651.202 BR

Mount Meru

Mount Meru is a mountain located in the Garhwal Himalayas, in the state of Uttarakhand in India. Though it shares the same location as Mount Everest, the tallest mountain in the world, Mount Meru is the most difficult to climb. Follow along with famous climbers Conrad Anker, Jimmy Chin, and Renan Ozturk as they attempt to conquer the Shark Fin Route to make history by becoming the first people to reach the summit of Mount Meru.

7/21 Th 1-2:30 p.m. \$4/\$5 4651.203 BR

Yosemite National Park

Yosemite National Park is located in the central Sierra Nevada of California. El Capitan is a vertical rock formation in Yosemite National Park. The granite monolith is about 3,000 feet from base to summit along its tallest face and is a popular objective for rock climbers. Join professional rock climber Alex Honnold, as he attempts to conquer the first free solo climb, a climb without ropes, harnesses, or other protective equipment, of famed El Capitan's 900-metre vertical rock face at Yosemite National Park.

8/18 Th 1-2:30 p.m. \$4/\$5 4651.204 BR

SUMMER NATIONAL DAYS

Any excuse to celebrate is a good one! Join in on the celebration as we recognize national days happening in June and August. Registration is required to attend each festivity.

National Donald Duck Day

"Oh boy, oh boy, oh boy!" June 9 is National Donald Duck Day! The world was first introduced to Disney's beloved character Donald Duck on June 9, 1934. Join us as we celebrate everyone's favorite short-tempered duck with some classic movies and enjoy some of his favorite flavored soda.

6/9 Th 10-11:30 a.m. \$4/\$5 4601.203 EP

National Eat Outdoors Day

Friends, fresh air, and good food are the focus of National Eat Outdoors Day every year on August 31. National Eat Outdoors Day has been observed since 2006, and we are joining in on the celebration! Join us for a picnic in the park to soak up the final days of summer. We will make sandwiches with a side of chips and fruit.

8/31 W 10:30 a.m.-Noon \$8/\$10 4601.204 Fairfax Park

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 Local Health Care Providers

Come chat with some local health care providers in Commerce City. Learn about medical, dental, pharmacy, and behavioral health care services that help keep our community healthy. Join them for coffee and learn about services and everything else they do for our community.

7/13 W 9-10 a.m. Free 4701.208 EP

Coffee with Local Transportation Providers

Come learn about the Local Transportation Providers we have here in Commerce City. Learn about how they promote mobility and independence for older adults and disabled individuals, as well as how to use transportation services.

8/18 W 9-10 a.m. Free 4701.209 EP

CLASSES

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 Olivier! 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.

Fun and Fresh Fitness Classes

AQUA FITNESS

Aqua fitness classes take place in the pool at both Bison Ridge and Eagle Pointe. The water supports your body weight, making exercise easier on the joints and muscles. With less impact of gravity in the water, you have a greater range of motion and more blood flow without a strain on your heart. Aqua fit classes are great to build muscle and strength, as well as increase your cardio endurance.

FITNESS PARTIES: A SUMMER SERIES

16 years and older

Let's get ready to party! One night a month, throughout the summer, we will be hosting a fitness party. It's like a regular fitness class but with costumes, lights, loud music, prizes and more fun!

6/16 Th 6:30-8 p.m. \$10/\$15 3051.201 BR

7/21 Th 6:30-8 p.m. \$10/\$15 3051.202 BR

8/18 Th 6:30-8 p.m. \$10/\$15 3051.203 BR

UCHEALTH STROKE PREVENTION: TWO DAY SERIES

A stroke happens when a blood vessel carrying oxygen and nutrients to the brain is either blocked by a clot or bursts. It is the fifth leading cause of death and the primary cause of permanent disability in the United States. Join UCHealth staff in this two-day educational series about strokes.

The first class will focus on what a stroke is, its signs and symptoms, and when and how to seek help. The second class will dive into risk factors, prevention, and how to lower your risk. The classes are free, but registration is required.

5/12 Th 11 a.m.- 12:30 p.m. Free 4701.201 EP

5/19 Th 11 a.m.- 12:30 p.m. Free 4701.202 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 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. For more information visit tchd.org/diabetes.

8/10-8/31 W 10 a.m. - noon Free 4701.203 EP

TRIPS

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

Please note that due to the pandemic, dates, times, and price are subject to change. Certain venues require a negative COVID test within 72 hours of the event, or proof of vaccinations prior to entrance.

We will follow current, local mandates regarding COVID-19 protocols. These can be ever-changing, so we appreciate your understanding in this matter.

May

HEIRLOOMS ANTIQUE MALL

Walk through the doors of Heirlooms Antiques and instantly be transported to a space that is timeless, mysterious, and filled with history. Take your time, look around, and groove to the blues while you soak in Aurora's best antique dealer. Lunch on own.

5/6 F 11 a.m. - 3 p.m. \$8/\$9 4501.213
Aurora L1 RD 4/29

DINERS, DRIVE-INS, AND DIVES-DELI SERIES

Join us for a deli Diners, Drive-ins, and Dives series! Watch an episode of the classic Food Network Show then travel to the restaurant to enjoy the food! Lunch on own. Restaurant is Il Porcellino Salumi. Bring extra money to shop at the deli!

5/13 F 10:30 a.m. - 2 p.m. \$10/\$12 4501.207
Denver L1 RD 5/6

BODY, MIND, & SPIRIT FESTIVAL

Join Body, Mind & Spirit celebration as they bring a holistic living festival to Fort Collins. Live performances include music, dance, and the spoken word. Explore the nation's finest psychics, mediums, and the best alternative health resources and products. Lunch on own.

5/14 Sa	9 a.m. - 2 p.m.	\$10/\$11	4501.214
Fort Collins	L1	RD 5/7	

PICNIC IN THE PARK: PROSPECT PARK

Enjoy a beautiful park with trails to walk, a creek to listen to, and an early afternoon picnic in the park. Please bring a sack lunch and drink to enjoy while catching up with friends.

5/18 W	10:30 a.m. - 1 p.m.	\$6/\$7	4501.209
Wheat Ridge	L1	RD 5/7	

DINNER OUT: LITTLE TIBET

Little Tibet takes pride in serving the finest authentic Tibetan and Indian food in Colorado. You'll find the finest of noodles, dumplings, and specialty entrees on the menu. Dinner on own.

5/23 M	4 - 8 p.m.	\$8/\$9	4501.201
Boulder	L1	RD 5/16	

ZANDER FARMS LLAMAS

Zander Farms are breeders of rare exotic Argentine llamas. The farm offers up close, in-person tours to the public with 100% of the tour fee returning to the animals. Once you find your favorite llama, take the llama for a walk or feed it treat! Lunch on own.

5/24 Tu	10 a.m. - 3 p.m.	\$27/\$28	4501.215
Arvada	L3	RD 5/7	

BROOMFIELD VETERAN'S MUSEUM

The Broomfield Veteran's Museum honors local veterans of all the United States conflicts and peacekeeping efforts, from the Civil War to present, from all branches of service. The museum houses nine rooms of exhibits a library with over 2,500 history and military books and hundreds of archived videos of veteran interviews. Lunch on own.

5/27 F	10 a.m. - 2 p.m.	\$8/\$9	4501.216
Broomfield	L1	RD 5/20	

June

GAMBLING TRIP: BRONCO BILLY'S

Enjoy the scenic views on the way to Cripple Creek. Bronco Billy's is in the heart of Cripple Creek, making it easy to visit the sights and sounds of Main Street. The casino will request your date of birth or players card number from Bronco Billy's one week prior to the trip. Please visit or call Vicki Masters at 303-289-3764 to provide this information. Lunch on own.

6/3 F	8 a.m. - 7 p.m.	\$10/\$11	4501.205
Cripple Creek	L3	RD 5/27	

ROYAL TEA @ TEALEAVES

Dine like the royals at this teahouse. Enjoy a choice of soup or salad and four types of tea sandwiches: smoked salmon, turkey cranberry, tomato cheese, and cucumber. Fresh scones with Devonshire cream and jam, fresh fruit, and a choice of dessert will also be served. The cost of the meal will be \$49 paid directly to TeaLeaves at the end of the event. Lunch cost on own.

6/10 F	10:30 a.m. - 3 p.m.	\$10/\$11	4501.217
Parker	L1	RD 6/3	

PICNIC IN THE PARK: WESTMINSTER CENTER PARK

Enjoy a beautiful park with multi-use trails to walk, a lake, and an early afternoon picnic in the park. Please bring a sack lunch and drink to enjoy while catching up with friends.

6/15 W	10:30 a.m. - 1 p.m.	\$6/\$7	4501.210
Westminster	L1	RD 6/8	

FRISCO BBQ FESTIVAL

The 27th Annual Frisco BBQ Challenge is the best BBQ you will have in Colorado with amazing events on the side! You can enjoy free concerts, pig races, a 6k running race, and a charming Main Street setting surrounded by mountains and a beautiful lake. The event will also still host the Kansas City BBQ Society sanctioned BBQ competition. Day of event prepare to purchase food and drink tickets at venue. Lunch on own.

6/18 Sa	10 a.m. - 4 p.m.	\$10/\$11	4501.218
Frisco	L3	RD 6/11	

PIKE'S PEAK COG RAILWAY

The Pike's Peak Cog Railway has been climbing Pike's Peak since 1891. It is the world's highest cog railroad. This is the 130th Year grand opening; you won't want to miss this unique experience. Seats are limited. Lunch on own.

6/21 Tu	10 a.m. - 7 p.m.	\$62/\$63	4501.219
Colorado Springs	L3	RD 6/14	

DINNER OUT: LAZY DOG

Lazy Dog Restaurant & bar serves hand crafted American food seasonally inspired ingredients. The menu is large, you are sure to find just what you are looking for! Dinner on own.

6/27 M	4 - 8 p.m.	\$8/\$9	4501.202
Westminster	L1	RD 6/20	

GREELEY STAMPEDE PRO RODEO

Celebrating their 100th anniversary, there will be food, music, a carnival and of course the Pro Rodeo! All bags taken into the venue must be in a clear plastic bag. Food and drink tickets will be available for purchase at the venue. Lunch on own.

6/29 W	9 a.m. - 5 p.m.	\$25/\$26	4501.220
Greeley	L3	RD 6/20	

July

DINERS, DRIVE-INS, AND DIVES-DELI SERIES

Join us for a deli Diners, Drive-ins and Dives series! Watch an episode of the classic Food Network Show then travel to the restaurant to enjoy the food! Lunch on own. Restaurant is Bagel Deli and Restaurant. Bring extra money to shop at the deli!

7/8 F	10:30 a.m. - 2 p.m.	\$10/\$12	4501.208
Denver	L1	RD 7/1	

MYSTERY TRIP

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

7/14 Th	10:30 a.m. - 2 p.m.	\$10/\$12	4501.221
???	L2	RD 7/7	

PICNIC IN THE PARK: E.B. REINS PARK

Enjoy a beautiful park with multi-use trails to walk, a lake, and an early afternoon picnic in the park. Please bring a sack lunch and drink to enjoy while catching up with friends.

7/20 W	10:30 a.m. - 1 p.m.	\$6/\$7	4501.211
Northglenn	L1	RD 7/13	

THE GARDEN ON SPRING CREEK

The Gardens on Spring Creek is the community botanic garden of Fort Collins, Colorado. The 18-acre site opened in 2004 as part of an important partnership between the City of Fort Collins and the Friends of the Gardens on Spring Creek. Following a two-year, \$6 million expansion project, The Gardens now offers an expanded Visitor's Center and gift shop, Butterfly House, Everitt Pavilion and Great Lawn, along with five acres of new gardens to explore. Lunch on own.

7/22 F	9 a.m. - 4 p.m.	\$11/\$12	4501.222
Ft. Collins	L2	RD 7/15	

CHEESMAN PARK ART FEST

140 artist and craftsmen from across the United States will showcase their work. 12 Food trucks will be ready to quench your thirst and fill your belly. Enjoy live music under the beautiful trees. Lunch on own.

7/23 Sa	9 a.m. - 2 p.m.	\$11/\$12	4501.223
Denver	L2	RD 7/16	

DINNER OUT: THE GOLDEN CORRAL BUFFET & GRILL

The Golden Corral offers a variety of quality, healthy, and hearty foods that are freshly prepared throughout the day. Don't miss the salad and dessert bars! Dinner on own.

7/25 M	4 - 8 p.m.	\$8/\$9	4501.203
Thornton	L1	RD 7/18	

August

GAMBLING TRIP: THE MONACH

Enjoy the scenic views on the drive to Black Hawk. Visit this newly expanded casino which has the feel of a Vegas Casino and new slots! The Monach has four new restaurants including a buffet. Lunch on own.

8/5 F	9 a.m. - 3 p.m.	\$7/\$8	4501.206
Black Hawk	L3	RD 7/29	

LEADVILLE BOOM DAYS

Leadville Boom Days is a Colorado Mountain festival and historic celebration of the Old West, with gunslingers, burro races, contests of mining skill, and a street fair with over 100 food and craft booths. Lunch on own.

8/6 Sa	9 a.m. - 5 p.m.	\$9/\$10	4501.224
Leadville	L3	RD 7/29	

BUFFALO BILL'S MUSEUM & GRAVE

Buffalo Bill's Museum has permanent exhibits about Buffalo Bill's life and times. Visit Buffalo Bill's grave overlooking the Great Plains and the Rockies. Don't forget to stop by the gift shop located at the museum. Lunch on own.

8/12 F	10 a.m. - 3 p.m.	\$11/\$12	4501.225
Golden	L3	RD 8/5	

PICNIC IN THE PARK: LAKE ARBOR PARK

Enjoy a beautiful park with multi-use trails to walk, a lake, and an early afternoon picnic in the park. Please bring a sack lunch and drink to enjoy while catching up with friends.

8/17 W	10:30 a.m. - 1 p.m.	\$6/\$7	4501.212
Arvada	L1	RD 8/10	

DINNER OUT: PINOCCHIO'S ITALIAN EATERY

Pinocchio's Italian Eatery opened its doors in 2009. Entrees on the menu include toasted ravioli, chicken piccata, and gluten-free items. Dinner on own.

8/22 M	4 - 8 p.m.	\$8/\$9	4501.204
Brighton	L1	RD 8/15	

TOP GOLF

Enjoy Top Golf's climate-controlled hitting bays for year-round comfort while swinging the club. Complimentary clubs are provided or bring your own clubs to take aim at the giant outfield targets and our high-tech balls will score themselves. Drink and food services are provided to each bay. Lunch on own.

8/23 Tu	9:30 a.m. - 1 p.m.	\$21/\$22	4501.226
Thornton	L3	RD 8/19	

FLYING W RANCH DINNER & SHOW

The Flying W Ranch is a living symbol of Western Heritage, embodying the romantic spirit of the Old West. What began with eleven guests in 1953, grew to more than 1,400 nightly visitors, making the Flying W Ranch one of the most popular destinations in the state of Colorado. After the traditional chuck wagon dinner, enjoy the Flying W Wranglers performance. Meal and show included in fee.

8/29 M	2-10 p.m.	\$55/\$56	4501.227
Colorado Springs	L2	RD 8/22	

DROP-INS: NO REGISTRATION REQUIRED

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.

5/2 M	10-11:30 a.m.	Free	EP
5/16 M	10-11:30 a.m.	Free	EP
6/6 M	10-11:30 a.m.	Free	EP
6/20 M	10-11:30 a.m.	Free	EP
7/18 M	10-11:30 a.m.	Free	EP
8/1 M	10-11:30 a.m.	Free	EP
8/15 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.

5/9 M	10-11:30 a.m.	Free	EP
5/23 M	10-11:30 a.m.	Free	EP
6/13 M	10-11:30 a.m.	Free	EP
6/27 M	10-11:30 a.m.	Free	EP
7/11 M	10-11:30 a.m.	Free	EP
7/25 M	10-11:30 a.m.	Free	EP
8/8 M	10-11:30 a.m.	Free	EP
8/22 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*

Closed 5/23-8/5 for Summer Camp

Rummikub

Wednesdays Noon-3:30 p.m.

Quilting

Wednesdays 9-11 a.m.

Bunco

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

Pictionary

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

Card Games

Fridays 11 a.m. - 3:30 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.

5/11 W	8:30 a.m.-4:30 p.m.	Free	EP
6/8 W	8:30 a.m.-4:30 p.m.	Free	EP
7/13 W	8:30 a.m.-4:30 p.m.	Free	EP
8/10 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 101 Class at Eagle Pointe

5/18 W	9-10 a.m.	Free	4701.204 EP
6/15 W	9-10 a.m.	Free	4701.205 EP
7/20 W	9-10 a.m.	Free	4701.206 EP
8/17 W	9-10 a.m.	Free	4701.207 EP

Presented by Chaundra Price, founder of Medicare Teachers Inc. (Medicare-Teachers.com)

Are you turning 65 soon? You will probably need to enroll in Medicare, the federal health insurance plan for older Americans. This class will answer common Medicare questions, such as:

- What does Medicare cover?
- How do I enroll in Medicare?
- Should I enroll in Medicare if I'm still working and have health insurance from my employer?
- How can I tell if a Medicare Advantage or Medicare Supplement plan is right for me?
- How can I avoid a Part D Late Enrollment Penalty?

Space is limited. If you'd like to RSVP, call Eagle Pointe's Active Adult Center at 303-289-3789, Chaundra Price at 303-916-3068, or email support at Medicare-Teachers.com. Chaundra Price is not associated with nor endorsed by the Centers for Medicare and Medicaid Services.

MEDICARE INFORMATIONAL TABLE AT EAGLE POINTE

5/18 W	10-11:30 a.m.	Free	EP
6/15 W	10-11:30 a.m.	Free	EP
7/20 W	10-11:30 a.m.	Free	EP
8/17 W	10-11:30 a.m.	Free	EP

If you have questions about your current Medicare plan, stop by Eagle Pointe for a 1-on-1 consultation. No RSVP necessary.

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.

TRANSPORTATION**VIA Mobility**

In one call, Via’s mobility specialist can provide quick access to transportation information and services, including registering and scheduling a ride.

Information and referral services, in English or Spanish, are available by phone Monday through Friday from 8 a.m. to 4:30 p.m.

- The mobility specialist can help by:
- Conducting a short assessment of individual mobility and travel needs
- Preparing individualized travel plans
- Directly connects you to Via’s many services, such as scheduling a ride
- Providing guidance for aging individuals and their families faced with the life-altering decision of giving up the car keys

Following up to ensure plans are enhancing mobility and independence

CONTACT A MOBILITY SPECIALIST

mobilityspecialist@viacolorado.org

303-444-3043

AQUATICS

Pool Information

GENERAL INFORMATION

The pools at both Eagle Pointe and Bison Ridge are open:

Monday-Friday: 5 a.m. – 9 p.m.

Saturday: 7 a.m. – 6:30 p.m.

Sunday: 8 a.m.-5:30 p.m.

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

Eagle Pointe is closed until 11:30 a.m. on the 2nd Sunday of each 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

Please observe these safety guidelines and policies during your visit.

- Instructions from the Lifeguards 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:
 - 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 Lifeguards.
 - 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.

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 / \$3.00 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 POOL PARTIES

Parties at Bison Ridge may be scheduled from 1-3 p.m. or 4-6 p.m. on Saturdays only or 12-2 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 POOL PARTIES

Parties at Eagle Pointe may be scheduled from 12-2 p.m. or 3-5 p.m. on Saturdays only or 11am-1 p.m. or 2-4 p.m. on 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)

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

Specialty Offerings

C.A.R.A SWIM TEAM

Ages 6-18 years

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

Registration: 4/1 – 5/20

- Team suits must be paid for within the registration time period. Refunds not available.
- T-shirt size required a registration

Dates: 6/1-8/5

- Must be able to swim 25 yards front crawl with efficient side breathing technique.
- Must have basic knowledge of back and breast strokes.

Fees: \$70R / \$100NR

Practice Times:

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

BISON RIDGE TEAM

M/W/F

4:30-6 p.m. 6851.201

6-7:30 p.m. 6851.202

11 a.m. - 12:30 p.m. 6851.203

EAGLE POINTE TEAM

M/W/F

4:30-6 p.m. 6801.201

6-7:30 p.m. 6801.202

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 LESSON 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. Bison Ridge: 303-286-6841; Eagle Pointe: 303-289-7180

For specific class days and times, please refer the Bison Ridge or Eagle Pointe lesson schedules found on pages 18 -21.

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 10 a.m. the day the day after online registration begins. Registration opens at 10 a.m. and will close at 5:30 p.m. on the last day of the registration period.

Swim Lesson Registration Dates for BR:

Mon-Fri AM Lessons

- Session 1: May 24 – May 26
- Session 2: June 21 – June 23
- Session 3: July 19 – July 21

Tue/Thur PM and Sat AM Lessons

- Session 1: May 24 – May 26
- Session 2: July 5 – July 7

Swim Lesson Registration Dates for EP:

Mon-Fri AM Lessons

- Session 1: May 31 – June 2
- Session 2: June 28 – June 30
- Session 3: July 26 – July 28

Tue/Thur PM and Sat AM Lessons

- Session 1: May 31 – June 2
- Session 2: July 12 – July 14

Due to significant staffing shortages of lifeguards and instructors our group swim lessons program as been revised for the summer season at both Bison Ridge, and Eagle Pointe Recreation Centers. We thank you for your understanding.

Group Lesson Schedule

Bison Ridge

WATER BABIES (AGE 6-17 MONTHS) BR

6/4-7/2 Sa	5 wk	BR	9-9:25 a.m.	6051.201
7/16-8/13 Sa	5 wk	BR	9-9:25 a.m.	6052.201

PARENT TOT (AGE 18 MOS – 2 YRS) BR

6/4-7/2 Sa	5 wk	BR	9:30-9:55 a.m.	6051.202
7/16-8/13 Sa	5 wk	BR	9:30-9:55 a.m.	6052.202

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

5/31-6/10 M-F	2 wk	BR	11-11:25 a.m.	6151.206
5/31-6/10 M-F	2 wk	BR	11:30-11:55 a.m.	6151.207
5/31-6/30 T/Th	5 wk	BR	4:30-4:55 p.m.	6151.201
5/31-6/30 T/Th	5 wk	BR	5:30-5:55 p.m.	6151.202
6/4-7/2 Sa	5 wk	BR	9-9:25 a.m.	6151.203
6/4-7/2 Sa	5 wk	BR	10:30-10:55 a.m.	6151.204
6/27-7/8 M-F	2 wk	BR	11-11:25 a.m.	6152.206
6/27-7/8 M-F	2 wk	BR	11:30-11:55 a.m.	6152.207
7/12-8/11 T/Th	5 wk	BR	4:30-4:55 p.m.	6152.201
7/12-8/11 T/Th	5 wk	BR	5:30-5:55 p.m.	6152.202
7/16-8/13 Sa	5 wk	BR	9-9:25 a.m.	6152.203
7/16-8/13 Sa	5 wk	BR	10:30-10:55 a.m.	6152.204
7/25-8/5 M-F	2 wk	BR	11-11:25 a.m.	6153.202
7/25-8/5 M-F	2 wk	BR	11:30-11:55 a.m.	6153.203

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.

LEVEL 2 - FUNDAMENTALS (AGE 3-5) BR

5/31-6/10 M-F	2 wk	BR	9-9:25 a.m.	6251.206
5/31-6/10 M-F	2 wk	BR	9:30-9:55 a.m.	6251.207
5/31-6/30 T/Th	5 wk	BR	5-5:25 p.m.	6251.201
5/31-6/30 T/Th	5 wk	BR	6-6:25 p.m.	6251.203
6/4-7/2 Sa	5 wk	BR	9:30-9:55 a.m.	6251.204
6/27-7/8 M-F	2 wk	BR	9-9:25 a.m.	6252.206
6/27-7/8 M-F	2 wk	BR	9:30-9:55 a.m.	6252.207
7/12-8/11 T/Th	5 wk	BR	5-5:25 p.m.	6252.201
7/12-8/11 T/Th	5 wk	BR	6-6:25 p.m.	6252.203
7/16-8/13 Sa	5 wk	BR	9:30-9:55 a.m.	6252.204
7/25-8/5 M-F	2 wk	BR	9-9:25 a.m.	6253.201
7/25-8/5 M-F	2 wk	BR	9:30-9:55 a.m.	6253.202

LEVEL 2 - FUNDAMENTALS (AGE 6-12) BR

5/31-6/10 M-F	2 wk	BR	10-10:45 a.m.	6261.205
5/31-6/30 T/Th	5 wk	BR	5-5:45 p.m.	6261.201
6/4-7/2 Sa	5 wk	BR	11-11:45 a.m.	6261.204
6/27-7/8 M-F	2 wk	BR	10-10:45 a.m.	6262.205
7/12-8/11 T/Th	5 wk	BR	5-5:45 p.m.	6262.201
7/16-8/13 Sa	5 wk	BR	11-11:45 a.m.	6262.204
7/25-8/5 M-F	2 wk	BR	10-10:45 a.m.	6263.201

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

5/31-6/10 M-F	2 wk	BR	10-10:25 a.m.	6351.208
5/31-6/10 M-F	2 wk	BR	10:30-10:55 a.m.	6351.209
5/31-6/30 T/Th	5 wk	BR	4:30-4:55 p.m.	6351.201
6/4-7/2 Sa	5 wk	BR	10-10:25 a.m.	6351.204
6/27-7/8 M-F	2 wk	BR	10-10:25 a.m.	6352.208
6/27-7/8 M-F	2 wk	BR	10:30-10:55 a.m.	6352.209
7/12-8/11 T/Th	5 wk	BR	4:30-4:55 p.m.	6352.201
7/16-8/13 Sa	5 wk	BR	10-10:25 a.m.	6352.204
7/25-8/5 M-F	2 wk	BR	10-10:25 a.m.	6353.203
7/25-8/5 M-F	2 wk	BR	10:30-10:55 a.m.	6353.204

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

5/31-6/10 M-F	2 wk	BR	11-11:45 a.m.	6361.206
5/31-6/30 T/Th	5 wk	BR	6-6:45 p.m.	6361.202
6/27-7/8 M-F	2 wk	BR	11-11:45 a.m.	6362.206
7/12-8/11 T/Th	5 wk	BR	6-6:45 p.m.	6362.202
7/25-8/5 M-F	2 wk	BR	11-11:45 a.m.	6363.202

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

5/31-6/10 M-F	2 wk	BR	9-9:45 a.m.	6451.203
6/27-7/8 M-F	2 wk	BR	9-9:45 a.m.	6452.203
7/25-8/5 M-F	2 wk	BR	9-9:45 a.m.	6453.201

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

6/4-7/2 Sa	5 wk	BR	10-10:45 a.m.	6561.202
7/16-8/13 Sa	5 wk	BR	10-10:45 a.m.	6562.202

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

6/4-7/2 Sa	5 wk	BR	11-Noon	6861.201
7/16-8/13 Sa	5 wk	BR	11-Noon	6862.201

Eagle Pointe

WATER BABIES (AGE 6-17 MONTHS) EP

6/11-7/9 Sa	5 wk	EP	9-9:25 a.m.	6001.201
7/23-8/20 Sa	5 wk	EP	9-9:25 a.m.	6002.201

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

6/6-6/17 M-F	2 wk	EP	9-9:25 a.m.	6101.205
6/7-7/7 T/Th	5 wk	EP	4:30-4:55 p.m.	6101.201
6/11-7/9 Sa	5 wk	EP	10-10:25 a.m.	6101.204
7/5-7/15 M-F	2 wk	EP	9-9:25 a.m.	6102.205
7/19-8/18 T/Th	5 wk	EP	4:30-4:55 p.m.	6102.201
7/23-8/20 Sa	5 wk	EP	10-10:25 a.m.	6102.204
8/1-8/12 M-F	2 wk	EP	9-9:25 a.m.	6103.201

LEVEL 2 - FUNDAMENTALS (AGE 3-5) EP

6/6-6/17 M-F	2 wk	EP	9:30-9:55 a.m.	6201.205
6/7-7/7 T/Th	5 wk	EP	5:30-5:55 p.m.	6201.202
6/11-7/9 Sa	5 wk	EP	9:30-9:55 a.m.	6201.203
7/5-7/15 M-F	2 wk	EP	9:30-9:55 a.m.	6202.205
7/19-8/18 T/Th	5 wk	EP	5:30-5:55 p.m.	6202.202
7/23-8/20 Sa	5 wk	EP	9:30-9:55 a.m.	6202.203
8/1-8/12 M-F	2 wk	EP	9:30-9:55 a.m.	6203.201

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

6/6-6/17 M-F	2 wk	EP	10-10:25 a.m.	6301.205
6/7-7/7 T/Th	5 wk	EP	5-5:25 p.m.	6301.201
6/7-7/7 T/Th	5 wk	EP	6-6:25 p.m.	6301.202
6/11-7/9 Sa	5 wk	EP	11:30-11:55 a.m.	6301.204
7/19-8/18 T/Th	5 wk	EP	5-5:25 p.m.	6302.201
7/19-8/18 T/Th	5 wk	EP	6-6:25 p.m.	6302.202
7/23-8/20 Sa	5 wk	EP	11:30-11:55 a.m.	6302.204

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

6/7-7/7 T/Th	5 wk	EP	6:30-7:15 p.m.	6311.202
6/11-7/9 Sa	5 wk	EP	10:30-11:15 a.m.	6311.203
7/5-7/15 M-F	2 wk	EP	11-11:45 a.m.	6312.207
7/19-8/18 T/Th	5 wk	EP	6-6:45 p.m.	6312.201
7/23-8/20 Sa	5 wk	EP	10:30-11:15 a.m.	6312.203
8/1-8/15 M-F	2 wk	EP	11-11:45 a.m.	6313.203

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

6/6-6/17 M-F	2 wk	EP	10-10:45 a.m.	6501.203
7/5-7/15 M-F	2 wk	EP	10-10:45 a.m.	6502.203
8/1-8/12 M-F	2 wk	EP	10-10:45 a.m.	6503.201

Therapy Pool

- Therapeutic Swim is dedicated for persons with valid or diagnosed therapeutic needs and is designed for those 18 years of age or older. Activities are limited to mild exercise, stretching, walking, immersion, and relaxation practices.
- High intensity and high volume activities, vigorous exercise, and rough play are highly discouraged
- Youth ages 17 and under with therapeutic needs are allowed but must be accompanied by an adult or therapist at all times.

Lap Pool

- Lap lanes are reserved for lap swimming only.
- Open Side is available for water walking.
- Open swim times are as follows:
 - Friday: 7:30-9 p.m. only.
 - Saturday: 1-3:30 p.m. and 4-6:30 p.m.
 - Sunday: 1:30-3 p.m. and 3:30-5 p.m.

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. Summer/Fall performance classes will end with a winter recital in November. Register early to take advantage of discounted class fees. Information listed is subject to change. For the most up to date classes/information please visit c3gov.com.

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**

Tu 6/13-11/15	5:30-6 p.m.	1001.201 EP
by 6/7 \$70/\$80	on 6/8 \$80/\$90	

**No class 7/5, 8/30 and 9/6.*

Performance**Age 4**

Tu 6/13-11/15	6-6:30 p.m.	1001.202 EP
by 6/7 \$82/\$92	on 6/8 \$92/\$102	

**No class 7/5, 8/30 and 9/6.*

Age 4

Sa 6/17-11/19	9-9:30 a.m.	1051.203 BR
by 6/7 \$82/\$92	on 6/8 \$92/\$102	

**No class 7/9, 8/27 and 9/3.*

Ballet & Tap**Performance**

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**

Tu 6/13-11/15	6:30-7:15 p.m.	1101.201 EP
by 6/7 \$91/\$101	on 6/8 \$101/\$111	

**No class 7/5, 8/30 and 9/6.*

Tu 6/13-11/15	7:15-8 p.m.	1101.202 EP
by 6/7 \$91/\$101	on 6/8 \$101/\$111	

**No class 7/5, 8/30 and 9/6.*

Th 6/15-11/17	5:30-6:15 p.m.	1151.203 BR
by 6/7 \$91/\$101	on 6/8 \$101/\$111	

**No class 7/7, 8/25, and 9/1.*

F 6/16-11/18	5:30-6:15 p.m.	1101.204 EP
by 6/7 \$91/\$101	on 6/8 \$101/\$111	

**No class 7/8, 9/2 and 9/9.*

Sa 6/17-11/19	9:30-10:15 a.m.	1101.205 BR
by 6/7 \$91/\$101	on 6/8 \$101/\$111	

**No class 7/9, 8/27 and 9/3.*

Sa 6/17-11/19	10:15-11 a.m.	1101.206 BR
by 6/7 \$91/\$101	on 6/8 \$101/\$111	

**No class 7/9, 8/27 and 9/3.*

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

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

Th 6/15-11/17	6:30-7:30 p.m.	1551.201 BR
by 6/7 \$95/\$105	on 6/8 \$105/\$115	

**No class 7/7, 8/25 and 9/1.*

BEGINNING POMS**Performance****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.

Th 6/15-11/17	7:30-8:30 p.m.	1451.201 BR
by 6/7 \$95/\$105	on 6/8 \$105/\$115	

**No class 7/7, 8/20 and 9/1.*

F 6/16-11/18	6:30-7:30 p.m.	1401.201 EP
by 6/7 \$95/\$105	on 6/8 \$105/\$115	

**No class 7/8, 9/2 and 9/9.*

LYRICAL DANCE**Performance****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.

Th 6/15-11/17	8:30-9:30 p.m.	1391.201 BR
by 6/7 \$95/\$105	on 6/8 \$105/\$115	

**No class 7/7, 8/20 and 9/1*

Hip Hop

Performance

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

W 6/14-11/16 6-7 p.m. 1251.201 BR
by 6/7 \$95/\$105 on 6/8 \$105/\$115

**No class 7/6, 8/19 and 8/31.*

W 6/14-11/16 6:30-7:30 p.m. 1201.201 EP
by 6/7 \$95/\$105 on 6/8 \$105/\$115

**No class 7/6, 8/31 and 9/7.*

INTERMEDIATE LEVEL

Ages 11-16

W 6/14-11/16 7:30-8:30 p.m. 1211.201 EP
by 6/7 \$95/\$105 on 6/8 \$105/\$115

**No class 7/6, 8/31 and 9/7.*

W 6/14-11/16 7-8 p.m. 1261.201 BR
by 6/7 \$95/\$105 on 6/8 \$105/\$115

**No class 7/6, 8/19 and 8/31.*

ADVANCED LEVEL, BY INSTRUCTOR INVITATION ONLY

W 6/14-11/16 8-9 p.m. 1291.201 BR
by 6/7 \$95/\$105 on 6/8 \$105/\$115

**No class 7/6, 8/19 and 8/31.*

BALLET BASICS

Non-Performance

Ages 3

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

Tu 6/13-11/15 4:30-5 p.m. 1651.201 BR
by 6/7 \$70/\$80 on 6/8 \$80/\$90

**No class 7/5, 8/23 and 8/30.*

BALLET BASICS

Performance

Ages 4

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

Tu 6/13-11/15 5-5:30 p.m. 1651.202 BR
by 6/7 \$82/\$92 on 6/8 \$92/\$102

**No class 7/5, 8/23 and 8/30.*

INTRODUCTION TO BALLET

Performance

Ages 5-6

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

Tu 6/13-11/15 5:30-6:15 p.m. 1661.201 BR
by 6/7 \$91/\$101 on 6/8 \$101/\$111

**No class 7/5, 8/23 and 8/30.*

INTERMEDIATE BALLET

Ages 7-8

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

Tu 6/13-11/15 6:15-7:15 p.m. 1671.201 BR
by 6/7 \$95/\$105 on 6/8 \$105/\$115

**No class 7/5, 8/23 and 8/30.*



FAMILY PROGRAMS

FAMILY FUN IN THE PARKS

Ages 6+ with an adult

Grab your family and head over to your neighborhood park for fun, food and prizes!

Wednesdays	2:30-4 p.m.	FREE
6/1 Veteran's Memorial Park	Nerf Battle	
6/15 Fronterra Park	Giant Twister and Giant Cornhole	
7/27 Turnberry Park	Hungry Hungry Hippos	
8/3 Fairfax Park	Wacky Trikes	
8/17 River Run Park	Velcro Wall	

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 towards! Open to all fitness levels! Price includes up to four (4) family members. Please register only one person per family.

6/7 - 6/28 Tu	6:30-7:30 p.m.	\$25/\$30 per family	3401.201 EP
7/12 - 8/2 Tu	6:30-7:30 p.m.	\$25/\$30 per family	3402.201 EP

PRENATAL FITNESS

16 years and older

Taught by a certified personal trainer with a certificate in pregnancy and postpartum athleticism, take this 5-week fitness course to stay strong and healthy at every stage through your pregnancy.

6/16-7/14 Th	10-11 a.m.	\$60/\$65	3152.201 BR
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PARK PICASSOS

Ages 3+ with an adult

Artwork hanging on a museum wall? Boring! Help us turn Turnberry Park into a giant art gallery. Each family will be provided with a concrete "canvas," chalk, and a sweet treat when their masterpiece is completed.

8/13 Sa	10 a.m.-noon	FREE	7051.201
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TOUR DE DONUT FAMILY BIKE RIDE

All Ages

Pump up your tires and strap on your bike helmet for Commerce City's first ever Tour De Donut. This family bike ride will start and end at Fronterra Park. On this sweet ride through the trails at Second Creek Open Space, families will complete challenges along the way to earn their donuts. Families with younger children can register for a 1.6 mile route, or a 4 mile route option is available for families looking for a bit more adventure. Registration cost includes a t-shirt and delicious donuts provided by Commerce City's very own Tasty Donuts.

8/20 Sa	8-10 a.m.	\$30/\$35 R/NR	7051.202 Fronterra Park
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Registration open June 20 - August 15

*We cannot guarantee your t-shirt size for registrations after August 5.



PRESCHOOL AGED PROGRAMS

DISCOVERY KIDS

Ages 3-5

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

Tu, W, Th	2 - 4 p.m.	BR	
5/3-5/19	Let's Go to the Circus	\$90/\$120	7155.101
5/31-6/30	Hello Summer	\$150/\$200	7151.201
7/5-7/28	America the Beautiful	\$120/\$160	7152.201
8/2-8/18	Back to School Days	\$90/\$120	7153.201

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	
5/5-5/26	7165.101		\$52/\$65
6/2-6/30	7161.201		\$65/\$78
7/7-7/28	7162.201		\$52/\$65
8/4-8/18	7163.201		\$39/\$52

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

Th	10-10:30 a.m.	BR	
5/5-5/26	7165.102		\$52/\$65
6/2-6/30	7161.202		\$65/\$78
7/7-7/28	7162.202		\$52/\$65
8/4-8/18	7163.202		\$39/\$52

Ages 3.5-6

Th	10:45-11:30 a.m.	BR	
5/5-5/26	7165.103		\$56/\$70
6/2-6/30	7161.203		\$70/\$84
7/7-7/28	7162.203		\$56/\$70
8/4-8/18	7163.203		\$42/\$56

POWER WHEELS DERBY

Ages 2-5

Bring your own 6 or 12-volt sit-in vehicle to participate in a friendly race. Prizes will be awarded for 1st, 2nd, and 3rd place for each age group. Games and raffle prizes provided. Children must be accompanied by an adult. Full list of rules available at c3gov.com/recreation.

6/18 Sa	10 a.m.	\$3/\$5/racer	Fronterra Park
Ages 2-3	7721.201		
Ages 4-5	7721.202		



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 c3gov.com/fitness.

AQUA FITNESS

Aqua fitness classes take place in the pool at both Bison Ridge and Eagle Pointe. The water supports your body weight, making exercise easier on the joints and muscles. With less impact of gravity in the water, you have a greater range of motion and more blood flow without a strain on your heart. Aqua fit classes are great to build muscle and strength, as well as increase your cardio endurance.

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

Dance 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.

A full class schedule, names of classes and descriptions can be found at c3gov.com/fitness

PERSONAL TRAINING SERVICES

Bison Ridge & Eagle Pointe

PERSONAL TRAINING

Incorporate fitness assessments, goal setting and health education into challenging workouts specially designed for your specific needs and goals with a nationally certified personal trainer. 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 for individuals and small groups 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.

View all of our personal trainer bios on our website at c3gov.com/fitness. We offer bilingual training!

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

FITNESS & WELLNESS PROGRAMMING

SUMMER SHRED CHALLENGE

16 years and older

Personalized workouts, weekly weigh-ins, goal setting and more! Join our summer fitness challenge and meet your fitness goals. This 8-week program will focus on high calorie burning workouts, strength training to learn proper form, and nutrition. A certified personal training will hold you accountable and push you to train to the best of your abilities. Win a grand prize for the biggest loser. Weekly workouts will be held on the Bison Ridge outdoor deck to enjoy the summer weather!

6/1-7/20 W 5:30-6:30 p.m. \$115/\$120 3451.201 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 towards! Open to all fitness levels. Price includes up to four (4) family members. Please register only one person per family.

6/7 - 6/28 Tu 6:30-7:30 p.m. \$25/\$30 per family 3401.201 EP

7/12 - 8/2 Tu 6:30-7:30 p.m. \$25/\$30 per family 3402.201 EP

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 heart rate 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!

7/25-8/17 M/W 7-8 p.m. \$85/\$90 3151.201 BR

TEEN WEIGHT LIFTING

14-17 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!

6/7 - 7/5 Tu 7-8 p.m. \$65/\$70 3271.201 BR

PRENATAL FITNESS

16 years and older

Taught by a certified personal trainer with a certificate in pregnancy and postpartum athleticism, take this 5-week fitness course to stay strong and healthy at every stage through your pregnancy.

6/16-7/14 Th 10-11 a.m. \$75/\$80 3152.201 BR



FITNESS PARTIES: A SUMMER SERIES

16 years and older

Let's get ready to party! One night a month, throughout the summer, we will be hosting a fitness party. It's like a regular fitness class but with costumes, lights, loud music, prizes and more fun!

6/16 Th 6:30-8 p.m. \$10/\$15 3051.201 BR

7/21 Th 6:30-8 p.m. \$10/\$15 3051.202 BR

8/18 Th 6:30-8 p.m. \$10/\$15 3051.203 BR



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.

5/3-6/7 Tu 6:30-8 p.m. \$40/\$45 3901.201 EP

5/3-6/9 Tu/Th 6:30-8 p.m. \$80/\$85 3901.202 EP

5/5-6/9 Th 6:30-8 p.m. \$40/\$45 3901.203 EP

6/28-8/2 Tu 6:30-8 p.m. \$40/\$45 3902.201 EP

6/28-8/4 Tu/Th 6:30-8 p.m. \$80/\$85 3902.201 EP

6/30-8/4 Th 6:30-8 p.m. \$40/\$45 3902.203 EP



GOLF

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.

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.



Peak Season

March 13-November 6, 2022

	9 Hole	18 Hole
Resident		
Mon-Thur	\$18	\$32
Fri-Sun	\$22	\$37

Non-resident		
Mon-Thur	\$25	\$40
Fri-Sun	\$27	\$44

Senior Resident (62 and older)		
Tue-Thur (excludes holidays)	\$14	\$25

Senior Nonresident (62 and older)		
Tue-Thur (excludes holidays)	\$15	\$27

Senior Appreciation Day		
(all day Monday; holidays excluded)	\$12	\$24

Ladies Day		
All day Tue., all year		
Resident	\$14.50	\$25.50
Non-Resident	\$20	\$32

Junior (17 and younger)		
Mon-Thur	\$7	\$13
Fri-Sun (after 2 p.m.)		

Other Rates	9 Hole	18 Hole
Cart rental (per person)	\$12	\$17
Pull cart	\$3	\$6
Club rental standard	\$8	\$13
Range balls	\$4 Small	\$6 Large

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

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

BUFFALO RUN NOW OFFERS AN ANNUAL PASS!

You'll love the great benefits such as unlimited green fees and a reduced cart fee of \$10 plus tax. Visit BuffaloRunGolfCourse.com or call 303-289-1500 for more information.

JUNIOR PROGRAMS: AGES 5-13

Kids enjoy fun filled programs with friendly and professional golf instruction.

The First Tee	Ages 5-11
Session 1 (Mondays)	
June 6, 13, 20, 27	\$75

Session 2 (Mondays)	
July 18, 25, August 1, 8	\$75

Visit thefirstteegreenvalleyranch.org/ to register. Space is limited.

JUNIOR GOLF MINI CAMP (AGES 8-12)

Our PGA golf professionals will provide instruction on fundamental golf skills from the basics of grip, stance, posture, and alignment, to more advanced skills, like reading greens. Your junior golfer will come away with an improved game and more confidence in their ability to hit the fairways and sink the putts!

3/22	Noon-1:30 p.m.	\$25
3/24	Noon-1:30 p.m.	\$25
6/15	8:30-10 a.m.	\$25
6/29	8:30 - 10 a.m.	\$25
7/6	8:30 - 10 a.m.	\$25
7/20	8:30 - 10 a.m.	\$25

BUFFALO RUN MEN'S CLUB

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

GOLF DIVAS

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

5/3	5:30 p.m.	4-Player Scramble
5/24	5:30 p.m.	4-Player Scramble
6/7	5:30 p.m.	4-Player Scramble
7/28	5:30 p.m.	4-Player Scramble
7/19	5:30 p.m.	4-Player Scramble

\$45 per player (9-hole events)

NINE & DINE: \$99 PER COUPLE

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

5/7	5 p.m.	Wild Wild West
6/4	5 p.m.	Aloha Hawaii
7/2	5 p.m.	Red, White and Blue

DISCOVER GOLF: \$50 PER PLAYER

A great introductory program for golfers of skills levels from beginner to intermediate. This one-day golf instructional program covers the basics of the full golf swing, putting, short game, and on-course play. Learn more about the basic rules of golf and golf course etiquette with our instructional discussions. Space is limited.

4/24	2-5 p.m.
5/1	2-5 p.m.
5/15	2-5 p.m.
5/22	2-5 p.m.

PRIVATE LESSONS

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

SALUTE TO MILITARY SERVICE: FREE

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

7/7 Th	6-8 p.m. Golf Clinic 1
7/14 Th	6-8 p.m. Golf Clinic 2
7/21 Th	6-8 p.m. On-Course Play Day
7/28 Th	6-8 p.m. Golf Clinic 4
8/4 Th	6-8 p.m. Golf Clinic 5
8/11 Th	6-8 p.m. On-Course Play Day & Program Graduation

CLUB FITTING SERIES: \$10 PER FITTING*

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

Callaway®	4/23
Fittings available from 10 a.m. - 2 p.m.	
TaylorMade®	4/23
Fittings available from 10 a.m. - 2 p.m.	
Callaway®	5/22
Fittings available from 10 a.m. - 2 p.m.	
TaylorMade® & Callaway®	7/30
Fittings available from 10 a.m. - 2 p.m.	

GYMNASTICS

Information listed is subject to change. For the most up to date information please visit our website at c3gov.com.

Beginning level classes focus on movement

Registration for parent-taught and pre-gymnastics starts April 5 for Residents and April 7 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.

*M 5/9-6/20	9-9:45 a.m.	2101.201
by 5/3 \$24/\$34	on 5/4 \$34/\$44	
Tu 5/10-6/21	9-9:45 a.m.	2101.202
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
Tu 5/10-6/21	10-10:45 a.m.	2101.203
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
Sa 5/14-6/25	9-9:45 a.m.	2101.204
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
M 7/11-8/15	9-9:45 a.m.	2102.201
by 7/5 \$24/\$34	on 7/6 \$34/\$44	
Tu 7/12-8/16	9-9:45 a.m.	2102.202
by 7/5 \$24/\$34	on 7/6 \$34/\$44	
Tu 7/12-8/16	10-10:45 a.m.	2102.203
by 7/5 \$24/\$34	on 7/6 \$34/\$44	
Sa 7/16-8/20	9-9:45 a.m.	2102.204
by 7/5 \$24/\$34	on 7/6 \$34/\$44	

*No class 5/30.

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 and gymnastics equipment. This class helps children improve coordination, motor skills, self-confidence and listening skills.

*M 5/9-6/20	10-10:45 a.m.	2201.201
by 5/3 \$24/\$34	on 5/4 \$34/\$44	
*M 5/9-6/20	11-11:45 p.m.	2201.202
by 5/3 \$24/\$34	on 5/4 \$34/\$44	
Tu 5/10-6/21	11-11:45 a.m.	2201.203
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
Sa 5/14-6/25	10-10:45 a.m.	2201.204
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
Sa 5/14-6/25	11-11:45 a.m.	2201.205
by 5/3 \$27/\$37	on 5/4 \$37/\$47	

M 7/11-8/15	10-10:45 a.m.	2202.201
by 7/5 \$24/\$34	on 7/6 \$34/\$44	
M 7/11-8/15	11-11:45 p.m.	2202.202
by 7/5 \$24/\$34	on 7/6 \$34/\$44	
Tu 7/12-8/16	11-11:45 a.m.	2202.203
by 7/5 \$24/\$34	on 7/6 \$34/\$44	
Sa 7/16-8/20	10-10:45 a.m.	2202.204
by 7/5 \$24/\$34	on 7/6 \$34/\$44	
Sa 7/16-8/20	11-11:45 a.m.	2202.205
by 7/5 \$24/\$34	on 7/6 \$34/\$44	

*No class 5/30.

ADAPTIVE GYMNASTICS

Ages 4-17

Adaptive Gymnastics are part of Commerce City's SOAR (Special Opportunities in Adaptive Recreation) Program. SOAR Programs are adaptive programs that are intended for people with physical or intellectual differences or disabilities, and in many instances their family members, to experience the quality recreation offerings that Commerce City is known for with instructors who are keenly focused on adjusting the class to more acutely meet participants needs. SOAR programs welcome people of all abilities and are specifically designed to meet the needs of individuals and adapt each program to their specific needs or abilities.

Sa 5/14-6/17	4-4:45 p.m.	2601.201
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
Sa 7/16-8/20	4-5 p.m.	2602.201
by 7/5 \$24/\$34	on 7/6 \$34/\$44	

Early registration for beginning, advanced beginning and intermediate class levels starts April 26 for residents and April 28 for non-residents for session 1, ending on May 3. Starting May 4, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Session 2 early registration opens June 28 for residents and June 30 for non-residents, ending on July 5. Starting on July 6, 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.

*M 5/9-6/20	4:30-5:30 p.m.	2301.201
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
*M 5/9-6/20	5:30-6:30 p.m.	2301.202
by 5/3 \$27/\$37	on 5/4 \$37/\$47	

*M 5/9-6/20	7:30-8:30 p.m.	2301.203
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
*M 5/9-6/20	7:30-8:30 p.m.	2301.204
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
W 5/11-6/22	4:30-5:30 p.m.	2301.205
by 5/3 \$30/\$40	on 5/4 \$40/\$50	
W 5/11-6/22	6:30-7:30 p.m.	2301.206
by 5/3 \$30/\$40	on 5/4 \$40/\$50	
W 5/11-6/22	7:30-8:30 p.m.	2301.207
by 5/3 \$30/\$40	on 5/4 \$40/\$50	
W 5/11-6/22	7:30-8:30 p.m.	2301.208
by 5/3 \$30/\$40	on 5/4 \$40/\$50	
Sa 5/14-6/25	1-2 p.m.	2301.209
by 5/3 \$30/\$40	on 5/4 \$40/\$50	
M 7/11-8/15	4:30-5:30 p.m.	2302.201
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
M 7/11-8/15	5:30-6:30 p.m.	2302.202
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
M 7/11-8/15	7:30-8:30 p.m.	2302.203
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
M 7/11-8/15	7:30-8:30 p.m.	2302.204
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
W 7/13-8/17	4:30-5:30 p.m.	2302.205
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
W 7/13-8/17	6:30-7:30 p.m.	2302.206
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
W 7/13-8/17	7:30-8:30 p.m.	2302.207
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
W 7/13-8/17	7:30-8:30 p.m.	2302.208
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Sa 7/16-8/20	1-2 p.m.	2302.209
by 7/5 \$27/\$37	on 7/6 \$37/\$47	

*No class 5/30.

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.

*M 5/9-6/20	4:30-5:30 p.m.	2311.201
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
*M 5/9-6/20	6:30-7:30 p.m.	2311.202
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
W 5/11-6/22	5:30-6:30 p.m.	2311.203
by 5/3 \$30/\$40	on 5/4 \$40/\$50	

Sa 5/14-6/25	1-2 p.m.	2311.204
by 5/3 \$30/\$40	on 5/4 \$40/\$50	
Sa 5/14-6/25	2-3 p.m.	2311.205
by 5/3 \$30/\$40	on 5/4 \$40/\$50	
M 7/11-8/15	4:30-5:30 p.m.	2312.201
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
M 7/11-8/15	6:30-7:30 p.m.	2312.202
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
W 7/13-8/17	5:30-6:30 p.m.	2312.203
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Sa 7/16-8/20	1-2 p.m.	2312.204
by 7/5 \$27/\$37	on 7/6 \$37/\$47	
Sa 7/16-8/20	2-3 p.m.	2312.205
by 7/5 \$27/\$37	on 7/6 \$37/\$47	

*No class 5/30.

INTERMEDIATE GYMNASTICS

Ages 6-17

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

*M 5/9-6/20	6-7:30 p.m.	2321.201
by 5/3 \$37/\$47	on 5/4 \$47/\$57	
W 5/11-6/22	6-7:30 p.m.	2321.202
by 5/3 \$40/\$50	on 5/4 \$50/\$60	
Sa 5/14-6/25	2-3:30 p.m.	2321.203
by 5/3 \$40/\$50	on 5/4 \$50/\$60	
M 7/11-8/15	6-7:30 p.m.	2322.201
by 7/5 \$37/\$47	on 7/6 \$47/\$57	
W 7/13-8/17	6-7:30 p.m.	2322.202
by 7/5 \$37/\$47	on 7/6 \$47/\$57	
Sa 7/16-8/20	2-3:30 p.m.	2322.203
by 7/5 \$37/\$47	on 7/6 \$47/\$57	

*No class 5/30.

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.

*F 5/13-6/17	5:30-7:30 p.m.	2441.201
by 5/3 \$47/\$57	on 5/4 \$57/\$67	
Sa 5/14-6/25	2-4 p.m.	2441.202
by 5/3 \$50/\$60	on 5/4 \$60/\$70	

F 7/15-8/19	5:30-7:30 p.m.	2442.201
by 7/5 \$47/\$57	on 7/6 \$57/\$67	
Sa 7/16-8/20	2-4 p.m.	2442.202
by 7/5 \$47/\$57	on 7/6 \$57/\$67	

*Friday evening classes end one week earlier due to the CARA gymnastics meet on June 24.

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.

*F 5/13-6/17	4:30-5:30 p.m.	2351.201
by 5/3 \$27/\$37	on 5/4 \$37/\$47	
*F 5/13-6/17	4:30-5:30 p.m.	2351.202
by 5/3 \$27/\$37	on 5/4 \$37/\$47	

F 7/15-8/19	4:30-5:30 p.m.	2352.201
by 7/5 \$27/\$37	on 7/6 \$37/\$47	

F 7/15-8/19	4:30-5:30 p.m.	2352.201
by 7/5 \$27/\$37	on 7/6 \$37/\$47	

*Friday evening classes end one week earlier due to the CARA gymnastics meet on June 24.

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.

*F 5/13-6/17	5:30-7:30 p.m.	2361.201
by 5/3 \$47/\$57	on 5/4 \$57/\$67	
F 7/15-8/19	5:30-7:30 p.m.	2362.201
by 7/5 \$47/\$57	on 7/6 \$57/\$67	

*Friday evening classes end one week earlier due to the CARA gymnastics meet on June 24.

CARA teams offer chance to compete in gymnastics

Registration for all CARA team level programs start April 5 for residents and April 7 for non-residents. 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.

Tu/Th 5/3-5/31	5-7 p.m.	2401.201
by 4/27 \$101/\$112	on 4/28 \$112/\$122	

Tu/Th 6/2-6/30	5-7 p.m.	2402.201
by 5/27 \$101/\$112	on 5/28 \$112/\$122	
Tu/Th 7/5-7/28	5-7 p.m.	2403.201
by 6/29 \$90/\$100	on 6/30 \$100/\$110	
Tu/Th 8/2-8/18	5-7 p.m.	2404.201
by 7/27 \$67/\$77	on 7/28 \$77/\$87	

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.

Tu/Th 5/3-5/31	7-9:30 p.m.	2411.201
by 4/27 \$111/\$122	on 4/28 \$122/\$132	

Tu/Th 6/2-6/30	7-9:30 p.m.	2412.201
by 5/27 \$111/\$122	on 5/28 \$122/\$132	

Tu/Th 7/5-7/28	7-9:30 p.m.	2413.201
by 6/29 \$101/\$112	on 6/30 \$112/\$122	

Tu/Th 8/2-8/18	7-9:30 p.m.	2414.201
by 7/27 \$77/\$87	on 7/28 \$87/\$97	

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

Park Rangers

PLEASE WELCOME OUR PARK RANGERS TO COMMERCE CITY!

While exploring our parks, trails and open spaces, you may see a new presence in our recreational areas. The City of Commerce City has partnered with Adams County Park Ranger Services to develop and implement a park ranger program in our local parks, trails and open spaces.



Park Ranger Program Goals

- Educate parks and trail users
- Provide environmental education and outreach
- Encourage resource protection
- Promote outreach of volunteerism
- Increase visitor safety through enforcement of park property ordinances, rules and regulations*
- Create outdoor stewards to our parks and trails

*Do you know the Park Properties Ordinances, Rules and Regulations? You can find them at www.c3gov.com/parkrules

For more information, visit our webpage at c3gov.com/parks-trails/park-rangers.



Meet the Rangers

Unique to Commerce City, two rangers are employed by Adams County Open Space and two rangers are employed by Commerce City Parks, Recreation and Golf. All four will work together to ensure a pleasant park experience for all to enjoy!



HADIEL RENTERIA
Commerce City Ranger

Hadiel grew up in South Georgia, but now calls Colorado home. The outdoor activities that he enjoys the most are skiing, hiking, and camping. He also enjoys traveling, going to concerts, and playing soccer. Before getting hired on with Commerce City Hadiel worked with Colorado Parks and Wildlife at Chatfield State Park and is in the Park Ranger program at Red Rocks Community College.



RICHARD LAMB
Adams County Ranger dedicated to Commerce City

Richard was born in Texas and raised in Arizona and Oklahoma with an appreciation for the outdoors. When not at work, he enjoys all types of outdoor activities such as riding his bike, fishing, hiking, camping, scuba diving and simply taking in the fantastic views available in this area. Richard has over 20 years of law enforcement experience with the Wichita Falls, TX Police Department prior to relocating to Colorado.



RACHEL HOLLAND
Commerce City Ranger

Rachel is originally from Holliston, Massachusetts and she has lived in Colorado since 2018. When she is not working, Rachel can be found hiking, camping, or horseback riding. Most recently, Rachel has worked with Boulder County Parks and Open Space as a Park Ranger.



MATT BONANO
Adams County Ranger dedicated to Commerce City

Matthew was born and raised in Central Florida and moved to Colorado for Graduate School at UC Denver. When not in uniform, he can be found engaging in the outdoors, generally through archery, fishing, hiking, hunting, kayaking, and wildlife viewing. He has served as a Park Ranger for the City & County of Denver, as well as a Park Ranger and Animal Protection Officer for the City of Aurora.

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 Baseball

T-BALL

Ages 5-6 years as of 6/1/22

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

Registration Deadline: 5/4	5001.201
Start Date: Week of 5/16	
Early Bird: 4/27 \$50/\$60	After 4/27: \$60/\$70

COACH PITCH

Ages 7-8 years as of 6/1/21

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

Registration Deadline: 5/4	5101.201
Start Date: Week of 5/16	
Early Bird: 4/27 \$55/\$65	After 4/27: \$65/\$75

PEE WEE

Ages 9-10 years as of 6/1/21

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

Registration Deadline: 5/4	5201.201
Start Date: Week of 5/16	
Early Bird: 4/27 \$60/\$70	After 4/27: \$70/\$80

JUNIOR DIVISION

Ages 11-12 years as of 6/1/21

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

Registration Deadline: 5/4	5301.201
Start Date: Week of 5/16	
Early Bird: 4/27 \$65/\$75	After 4/27: \$75/\$85

SENIOR DIVISION

Ages 13-14 years as of 6/1/21

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

Registration Deadline: 5/4	5401.201
Start Date: Week of 5/16	
Early Bird: 4/27 \$70/\$80	After 4/27: \$80/\$90

COLORADO ROCKIES SKILLS CHALLENGE

Ages 6-13 years (age of 12/31/22)

The Colorado Rockies Skills Challenge is a baseball competition that allows youth to showcase their talents in base running, batting and throwing. Scores will be based on speed, distance and accuracy. Top scores from each age group will advance to a sectional competition. Top sectional scores from each age group will advance to the state championship. No registrations will be taken after the start of the competition.

Participation cost: FREE

Registrations will be held the day of the event, please arrive 30 minutes prior to the start time to register.

Date: 6/10

Location: Ingram Field at Pioneer Park in Commerce City
Start Times: 6-9 year olds 6 p.m. 10-13 year olds 7:30 p.m.
For additional information contact Nic Jones, youth sports coordinator at njones@c3gov.com

UMPIRES

We Need You! Are you an umpire? Do you want to be an umpire? Commerce City is now looking for umpires for the upcoming summer baseball season. Games are Monday through Friday evenings beginning in early June and going through the end of July. A free clinic will be held prior to the season; this training is intended for everyone including those getting behind the plate for the first time all the way to the experienced umpire. It will cover rules, mechanics, techniques, policies and procedures. Lecture and field techniques will also be included in the instruction. Call Nic Jones for dates times, and other information at 303-289-3705 or email njones@c3gov.com.

WEATHER INFORMATION VISIT

TEAMSIDELINE.COM/ COMMERCECITY

YOUTH SPORTS REGISTRATION

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

SUMMER CAMP SERIES ELEVATE YOUR GAME!

VOLLEYBALL DEVELOPMENT CAMP

This fun and challenging camp will develop the basic fundamentals of volleyball, while focusing on teamwork and individual skill development. Each player receives a camp give-a-way. Camp LOCATION TBD

Registration Deadline: 6/19 5021.204 \$40/\$50

Tuesdays in July 7/5-7/21

Ages 9-11: 5:30-6:45 p.m. each day

Ages 12-14: 7-8:15 p.m. each day

SOCCER SKILLS CAMP

More information is available at teamsideline.com/commercecity under the “Youth Sports Camps” information tab under “Youth Sports”.

Registration Deadline: TBD 5021.201 \$40

Dates TBD

Ages 6-9: 6-7 p.m.

Ages 10-13: 7:30-8:30 p.m.

LAX CAMP WITH BISON LACROSSE CLUB

More information is available at teamsideline.com/commercecity under the “Youth Sports Camps” information tab under “Youth Sports”.

Registration Deadline: TBD 5021.201 \$40

Dates TBD

Ages 6-9: 6-7 p.m.

Ages 10-13: 7:30-8:30 p.m.

ADAPTIVE RECREATION SPORTS CAMP

More information is available at teamsideline.com/commercecity under the “Youth Sports Camps” information tab under “Youth Sports”.

Registration Deadline: TBD 5021.201 \$40

Dates TBD

Ages 6-9: 6-7 p.m.

Ages 10-13: 7:30-8:30 p.m.

REGISTRATION INFORMATION

The parks and recreation department forms teams based on school boundaries; parents please be sure to register your child for the public elementary school he or she attends or that is in your home boundaries. Proof of address or enrolment verification may be required before start of season. We will do our best to form teams for each school and to have practices take place at these locations. If teams are unable to be formed at your particular school, we will combine schools/ teams that are in close proximity. Registrations requests after the deadline will be put on a waitlist. After the registration deadline, waitlisted players may be added to a team if a player drops out before mid-season. Registrations and waitlisted players are on a first-come, first serve basis. During the season, teams use local schools’ fields or gyms for practice. When there are conflicting uses, recreation staff will work to arrange an alternate location; however, practices

may be canceled in rare cases. City staff makes every effort to find coaches for each team. If unable to find a coach, a staff member will run the first practice with assistance from the players’ parents. If a coach is not found prior to the first scheduled game, the team may be cancelled. This is always the last resort, so parents please help us find that perfect coach. If you know someone who is interested in coaching, please pass along contact information to Nic Jones at njones@c3gov.com

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.

COACHING

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 njones@c3gov.com

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.

LOCAL YOUTH SPORTS PROVIDERS

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 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 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 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 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 nsthunder.com.

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

Ages 16 and older

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.

SPORTS LEAGUE	INFO AVAILABLE	LEAGUE BEGINS	LEAGUE ENDS
Winter Basketball	December	January	March
Winter Volleyball	December	January	March
Summer Softball	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. to 1 p.m.
Thursdays	5:30 a.m. to 1 p.m.
Sundays	8:30 a.m. to 1 p.m.

Drop-in Volleyball

Bison Ridge – Gym #3

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

Eagle Pointe – Gym #3

Fridays	7 p.m. to 9:30 p.m.
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SUMMER SOFTBALL LEAGUE - COED

Get a team of five men and five women together for adult coed softball league beginning in May. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Wednesday April 20 at 6:00 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

Wednesday Coed League Begins May 4th

\$550/\$575 (10 Games)

SUMMER SOFTBALL LEAGUE - MENS

Join the fun of adult men's evening softball beginning in April. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Thursday, April 21, at 6:00 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

Tuesday E-Rec League Begins May 3th

Thursday Industrial League Begins May 5th

\$550/\$575 (10 Games)

FALL SOFTBALL LEAGUE - COED

Looking for a fun outdoor activity in the fall? Get a team together for adult coed softball, beginning in August. Teams are made up of an even number of men and women. A team representative must attend the league meeting, 6 p.m. Thursday, July 21, at the Eagle Pointe Recreation Center. Games will be played at Pioneer Park.

Wednesday nights 8/3 - 10/5

COED E-Rec

\$550/\$575 (10 Games)

FALL SOFTBALL LEAGUE - MEN'S

Be a part of the fun this fall and join a men's evening softball league. Games beginning in August. A team representative must attend the league meeting at 6 p.m. Thursday, July 21, at the Eagle Pointe Recreation Center. Games will be played at Pioneer Park.

Tuesday nights 8/2 - 10/4

Men's E-Rec \$550/\$575 (10 Games)

Thursday nights 8/4 - 10/6

Industrial E-Rec \$550/\$575 (10 Games)

FALL FUTSAL LEAGUE - MEN'S

Introducing a new and exciting adult sports league in Commerce City. Get a team together and have a great time playing a scaled down version of outdoor soccer that is enjoyed across the world. Games begin in August and go to October. A team representative must attend the league meeting at 6 p.m. Monday, July 19, at the Eagle Pointe Recreation Center. Games will be played at Fairfax Park.

Monday nights 8/3 - 10/5

Men's E-Rec \$550/\$575 (10 Games)

ADAPTIVE RECREATION SPORTS SKILLS CAMP

Looking for a fun new activity to join? Get specialized instruction in various sports to get active and pick up some new skills. The sports skills camps will meet once a week for 4 weeks. Call 303-289-3706 get more information

6/6-6/27 Monday 10-11a.m. \$60/\$65

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 on the next page.

YOUTH SERVICES PROGRAMS

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 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).

SOCIAL HUB: BISON RIDGE

Ages 11-17

Drop-in activities include a tech lab, Playstation 4, Nintendo Switch, crafts and board games.

Mon- Wed	5:30-8:30 p.m.	FREE
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Social Hub is open September-May

DROP IN: EAGLE POINTE

Ages 11-17

Drop-in activities include billiards, XBOX One, Nintendo Switch, Playstation 4, crafts and board games.

Tu-F	5:30-8:30 p.m.	FREE
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*Saturdays are for ages 11-adult

Drop-in services are open September-May.

TEEN NIGHTS AROUND TOWN

Ages 11-17

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

Wednesdays	5-7:30 p.m.	FREE
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6/1 Veteran's Memorial Park	Nerf Battle
6/15 Fronterra Park	Giant Twister and Giant Cornhole
7/13 Pioneer Park	Inflatable Slide
7/27 Turnberry Park	Hungry Hungry Hippos
8/3 Fairfax Park	Wacky Trikes
8/17 River Run Park	Velcro Wall

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.

5/14 Sa	Colorado Rapids	12:30-4:30 p.m.	\$40/\$50	7201.201 EP
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7/17 Su	Colorado Rockies	Noon-5 p.m.	\$40/\$50	7201.202 EP
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TEEN WEIGHT LIFTING

14-17 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!

6/7 - 7/5 Tu	7-8 p.m.	\$60/\$65	3271.201 BR
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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 at 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 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 c3gov.com. Please call 303-286-6830 with any questions.

Outdoor Recreation

ADVENTURE EXPLORERS: WATER SERIES

Ages 11-17

Adventure is calling with our water adventure series! Join us for 4 days of fun in the water and excitement!

8/1-8/4 M-Th	8 a.m.-3 p.m.	\$140/\$165	7451.201 BR
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INTRO TO ARCHERY

Ages: 6-12

Learn proper technique in this beginner archery course.

5/7-5/21 Sa	9a.m.- Noon	\$35/\$45	7421.101EP
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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, go on a scavenger hunt and more.

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.

*100 Things to Do activities are subject to change based on weather.

8/29 M	10 a.m. - 2 p.m.	\$5/\$10	7471.201 BR
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THE GARDEN CLUB

Ages 10+

Join us to plant fruits and vegetables and watch them grow over the span of a few months! We keep up with plant maintenance and learn about gardening techniques. Our last class, we harvest our fruits and veggies and cook a delicious meal! You must be registered for at least one of the gardening programs to register for the last cooking class.

5/25 W	2-4 p.m.	\$5/\$10	7411.201 EP
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7/8 F	6-8 p.m.	\$5/\$10	7412.201 EP
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8/27 Sa	9-11 a.m.	\$5/\$10	7413.201 EP
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10/8 Sa	5-7 p.m.	\$5/\$10	7414.201 EP
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MOUNTAIN WARRIORS

Ages 13-17

Travel to the mountains for fresh air and hiking. Practice survival skills such as leave no trace, filtering water, and using a compass along the way. Meet at Bison Ridge Recreation Center. This class is the pre-requisite for the Ultimate Warriors outdoor recreation program.

5/31-6/1 Tu-W	8 a.m. - 4 p.m.	\$25/\$35	7461.201BR
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6/2-6/3 Th-F	8 a.m. - 4 p.m.	\$25/\$35	7462.201BR
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TEEN TREKS

Ages 9-17

Join fitness staff, the police department and recreation staff for the day on your bike. Participants must be prepared to ride for 5-7 miles. Lunch provided.

BIKE WITH FITNESS

Discuss health and wellness and how to live a healthier life.

6/10 F	9 a.m. - 1 p.m.	FREE	Turnberry Elementary
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7/15 F	9 a.m. - 1 p.m.	FREE	Dick's Sporting Goods Park
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BIKE WITH COPS

Receive information on safety, rules/laws of the road and how to maintain your bike.

6/24 F	9 a.m. - 1 p.m.	FREE	Fronterra Park
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7/8 F	9 a.m. - 1 p.m.	FREE	Alsop Elementary
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TEEN DUSK EXPLORATION

Build memories through a hike at dusk. Explore the area and animals that call Bluff Lake home. End the night with a campfire and s'mores.

8/26 F	7-10 p.m.	\$5/\$10	7421.201 EP
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HORSE TREK

Ages 13-18

View all Bear Creek has to offer with a 1.5-hour trail ride through miles of trails, natural habitat, wildlife and preserves.

8/6 Sa	9 a.m. - 2 p.m.	\$30/\$40	7401.201 EP
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HORSE TREK JR.

Ages 8-13

View all Bear Creek has to offer with a 1-hour trail ride through miles of trails, natural habitat, wildlife and preserves.

8/20 Sa	9 a.m. - 1 p.m.	\$25/\$35	7402.201 EP
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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.

ENROLLMENT PACKETS

All children attending camp are required to complete an enrollment packet prior to registration. Enrollment packets can be downloaded at c3gov.com/camp 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.

Pre-Camp Information Meeting for All Registered Families

5/18 W 6 p.m. EP

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**
7601.201	May 31 - June 3	Animal Planet	Denver Zoo
7601.202	June 6- June 10	Mission Impossible	Adam's Mystery Playhouse
7601.203	June 13- June 17	In it to Win it	Rockies Game
7601.204	June 20 - June 24	Not All Heroes Wear Capes	Firefighter Museum
7601.205	June 27- July 1	Amazing Race	Denver Children's Museum
7602.201	July 5 - July 8	Invention Convention	Urban Air
7602.202	July 11 - July 15	Mad Science	Denver Nature and Science Museum
7602.203	July 18- July 22	Splish Splash	Pirate's Cove
7602.204	July 25- July 29	Around the World	Cook at Camp
7603.201	Aug 1 - Aug 5	Summer Bash	Aurora Reservoir

*No camp Monday, 5/30 or Monday, 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**
7611.201	May 31- June 2	Creatures & Crawlers	Horseback Riding
7611.202	June 6 - June 9	Beach Bums	Paddle Boarding
7611.203	June 13- June 16	Challenge Week	Obstacle Course
7611.204	June 20- June 23	Beyond the Wild	Paradice Island
7611.205	June 27 - June 30	Coloradical	Whitewater Rafting
7612.201	July 5- July 7	Mission Impossible	Escape Room
7612.202	July 11 - July 14	Sports Week	Rockies Game
7612.203	July 18 - July 21	H2O	Water World
7612.204	July 25 - July 28	Adrenaline Rush	Elitch Gardens
7613.201	Aug 1 – Aug 4	Summer Bash	Aurora Reservoir

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

**Trips subject to change.

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

1/29 Sa 10 a.m. EP and BR**

Application Deadline

3/18 F 5 p.m. EP and BR

Interviews

4/4-4/15 EP and BR

Mandatory Training

5/31-6/2 Tu-Th 9 a.m.-4 p.m. FREE 7623.201 EP

LIT Block A

6/6-6/30 M-Th 9 a.m.-4 p.m. \$50/\$75/week 7621.201 EP

LIT Block B

7/11-8/4 M-Th 9 a.m.-4 p.m. \$50/\$75/week 7622.201 EP

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

CAREER CAMPS

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 28-30	Mini Police Camp	Ages 9-11	\$30/\$40	7673.201
July 18-21*	Police Camp	Ages 11-15		

*Dates 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.

STEAM AND ACTIVE PROGRAMS

Ages 6-10

WEEK	9-10:30 a.m.	10:30 a.m.-Noon	Noon-12:30 p.m.	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/\$87 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	Junior Fire Academy \$70/87 7659.201		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	Gallery on the Go! - Kids 'N Canvas \$50/60 7657.201	Peaches and Beaches \$20/\$27 7657.202	Lunch Bunch \$5/\$9 7659.203	Live Action Flix \$130/150 7659.204	

OUTDOOR RECREATION PROGRAMS

Our Summer Outdoor Recreation Programs offer new experiences and adventure in the outdoors. Participants will experience new opportunities, test their limits and discover everything the outdoors has to offer. Please visit c3gov.com/camp for program descriptions.

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- June 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

*The Mountain Warriors class (pg. xx) is the pre-requisite for this program.

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

