



COMMERCE CITY PARKS, RECREATION AND GOLF GUIDE

WINTER/SPRING 2023

Registration opens December 6

c3gov.com/recreation

A BLAST FROM THE PAST AT 80S PROM

Details on page 6

MINI COMIC-CON RETURNS

Details on inside cover

Find us on:



facebook.com/commercecityparksrecgolf



instagram.com/commercecityparksrecgolf

MINI COMIC-CON

A FAMILY EVENT

**Saturday,
March 25, 2023**

10 A.M.-4 P.M.

BISON RIDGE RECREATION CENTER

**Geek out at this family-friendly day of crafts,
cosplay, storytelling, and more as we
celebrate all things pop-culture.**

**A full schedule of events is available at
c3gov.com/recreation.**

**with
LANDMARK COMIC
BOOK CLUB**



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

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

**BISON RIDGE AND
EAGLE POINTE HOURS**
Mon-Fri 5 a.m. – 9:30 p.m.
Sat 7 a.m. – 7 p.m.
Sun 8 a.m.-6 p.m.

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

FACILITY CLOSURE DATES
Dec 24 - Both facilities close at 1pm
Dec 25 - Both facilities closed
Dec 31 - Both facilities close at 1pm
Jan 1 - Both facilities closed
Mar 12 - Staff Training - EP Closed
Mar 19 - Staff Training - BR Closed
April 9 - Easter - Both Facilities CLOSED

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:

1/22 Tu	11 a.m.-1 p.m.	\$7/\$9	xxxx.xxx EP
Date	Day of Week	Time	Cost Active Code Location

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.

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.

2022/2023 RECREATION CENTER FEES

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

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

*Each additional person \$30

Military Discount (Active and Disabled Veteran) Free*

See details on page 4

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

*Each additional person \$35

Corporate Rates **\$80** **\$40** **\$312.50**

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

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

Child Watch

Please contact each center for hours of operation and guidelines.

The recreation Play Pass is one card with these great benefits

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

How to purchase the play pass

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

Residency qualifications

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

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

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

Please visit c3gov.com/recreation
or our social media pages for
more info about upcoming
Winter 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 the U.S. Department of Veterans, 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 c3gov.com/register
2. Request an account online or sign-in using existing account information with log-in link in upper right-hand corner. Please note account approvals can take up to 24 hours to process, excluding holidays and weekends. To add additional family members to your online account, please call or visit one of the recreation centers.
3. Once logged in, click the "Activities" tab and search for course number or class title. Proceed to checkout and enter credit card information.
4. Select the class and then click the green "Add to My Cart Button."
5. Select the participant's name and then click "Continue."
6. Take a minute to review your order and print your receipt.



In Person

Eagle Pointe Recreation Center,
6060 E. Parkway Dr.
Bison Ridge Recreation Center,
13905 E. 112th Ave.
Mon-Fri • 5:30 a.m.-9:30 p.m.
Sat 7 a.m.-7 p.m.; Sun 8 a.m.-6 p.m.

Want to know when classes are and the registration code?

Under each course description, specific information includes:

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

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

RECREATION CENTER RENTALS

Reservations must be submitted two weeks prior to event date

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

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

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

- Five multipurpose rooms offer 1,425 square feet
- Seats up to 100 people theater-style or 75 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

The Bison Grill is available for holiday parties, wedding rehearsals, receptions and custom events. Visit BuffaloRunGolfCourse.com or call 303-289-7700 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:

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.

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 Open Space	1 shelter	Monaco Park	2 shelters
		Turnberry Park*	1 shelter

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)

Cereal with Santa

AT BISON RIDGE



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

Sat 12/10 Bison Ridge Recreation Center Two entry times available:

9-9:15 a.m. entry (Event ends at 10:15 a.m.) 7053.101

10:30-10:45 a.m. entry (Event ends at 11:45 a.m.) 7053.102

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



Daddy Daughter Dance: A Night in Paris

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

Dance under the Eiffel Tower and dine on crepes along the Champs-Élysées as you enjoy an evening with your special girl in the City of Light.

Please register each participant separately.

2/3 F 6-9 p.m.

\$15/\$18/person (fees increase to \$20/\$25 after 1/27)

7751.101 BR

**ADAMS COUNTY
MAYORS & COMMISSIONERS
YOUTH AWARDS**

**NOMINATE
STUDENTS
WHO HAVE
OVERCOME
ADVERSITY**

Grades 6-12, up to
20 years of age

ACMCYA is an award program that recognizes teenagers between the ages of 13 and 20 who have overcome personal adversity, created positive changes in their environments, or who have contributed in their own way towards making their lives or communities a better place in which to live. To nominate a young person, download the nomination at c3gov.com or call 303-289-3659 for more information.



'80s Prom (21+)

Break out the big hair, leg warmers, and acid-washed jeans for this totally '80s Prom Night. We will have a bodacious '80s band playing all the hits from Boy George to Michael Jackson and totally radical activities like dancing, a photo booth, and more. In partnership with the Quality Community Foundation, which will host a silent auction to benefit recreation programs in Commerce City. This walk down memory lane is sure to be an evening you will not soon forget. For more information on this radical evening, see our social media pages!

4/1 Sat 7 - 10 p.m. Bison Ridge Rec Center \$49/\$55

SPECIAL OPPORTUNITIES IN ADAPTIVE RECREATION

Below you will find programs and events that are designed to fulfill a wide variety of adaptive needs. We are also committed to achieving the most inclusive experiences for our users. Please contact Zach Venn, Supervisor of Community Connections and Inclusion Services to let us assist you in ensuring the best possible experience in all of our recreational activities or with any questions you may have about the SOAR program.

Zach Venn, Recreation Supervisor – Community Connections and Inclusion Services
Zvenn@c3gov.com 303-289-3761

Ali Hall, Recreation Coordinator – Outdoor and Adaptive Programs
Ahall@c3gov.com 303-289-3674

SOAR SOCIALS

Join us for treats, games, crafts and more. Share your wants and needs for programming and be a part of the growing SOAR community.

1/12 Th	4:30-6:30 p.m.	FREE	7551.101 BR
2/6 M	4:30-6:30 p.m.	FREE	7501.101 EP
3/9 Th	4:30-6:30 p.m.	FREE	7552.101 BR
4/3 M	4:30-6:30 p.m.	FREE	7502.101 EP

ART FOR ALL ABILITIES

Ages 10-14

Explore your artistic ability and creativity through a variety of materials and projects. This class will focus on using multi and mixed media, therapeutic approaches, and tactile projects. We will focus on sensory engagement and adapting tool and teaching approaches to be fully inclusive for all.

2/23 Th	6-7:30 p.m.	\$5/\$7	7511.101 EP
4/6 Th	6-7:30 p.m.	\$5/\$7	7512.101 EP

STORYTIME IN THE PARK

Ages 3-5

Dive into a story in the park at the Little Library. End the morning with a themed activity to go with the books. Each participant leaves with a new book!

4/13 Th	9-10 a.m.	\$3/\$5	7521.101
Veteran's Memorial Park			
5/4 Th	9-10 a.m.	\$3/\$5	7522.101
Bison Ridge Recreation Center			
5/18 Th	9-10 a.m.	\$3/\$5	7522.102
Veteran's Memorial Park			

CHRONIC CONDITION ADAPTIVE STRENGTH TRAINING 16 years and older

A class designed with adapting to a variety of chronic conditions, this class will emphasize proper flexibility, core strength, and weightlifting techniques. Staff trained on how to work around these conditions will lead and monitor the class as it works in a group setting and with programs on the weight



room floor. Medical clearance may be required. Questions please call 303-289-3762.

1/24 - 2/14 Tu/Th 11 a.m. – noon	\$30/\$35	3261.101 BR
2/28 - 3/21 Tu/Th 5:30 – 6:30 p.m.	\$30/\$35	3262.101 BR

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. • \$10/\$14

Session #	Session Dates	Activity Number	Registration Date
1	1/21-2/18	6701.101	1/10-1/12
2	3/4-4/1	6702.101	2/21-2/23
3	4/15-5/13	6703.101	4/4-4/6

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

Session #	Session Dates	Activity Number	Registration Date
1	1/21-2/18	6701.102	1/10-1/12
2	3/4-4/1	6702.102	2/21-2/23
3	4/15-5/13	6703.102	4/4-4/6

ADAPTIVE GYMNASTICS

Ages 4-17

Adaptive Gymnastics are part of Commerce City's SOAR (Special Opportunities in Adaptive Recreation) Program. This program allows children with disabilities to participate in the sport of gymnastics.

1/14-2/25 Sa	4-4:45 p.m.	
by 1/3 \$27/\$37	on 1/4 \$37/\$47	2601.101 BR
3/18-4/29 Sa	4-4:45 p.m.	
by 3/7 \$27/\$37	on 3/8 \$37/\$47	2602.101 BR

ADULTS

Events and Trips for Adults 21+

BRUSHES AND BRUNCH

Ages 21+

Enjoy a lighthearted time with friends and sample various brunch items and cocktails all while creating a morning masterpiece. The Bison Grill will provide brunch. Tickets includes paint supplies, painting instructions, two drink tickets and light brunch fair. See our social media pages for more information including what will be on the menu and the title of the masterpiece we will be creating.

2/4 Sa	10:30 a.m.-1 p.m.	\$59/\$64	4651.101 BR
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'80S PROM

Ages 21+

Break out the big hair, leg warmers, and acid washed jeans for this totally '80s Prom Night! We will have a bodacious '80s band playing all the hits from Boy George to Michael Jackson and totally radical activities like dancing, a photo booth, and more including a silent auction hosted by the Quality Community Foundation. For more information on this radical evening, see our social media pages.

4/1 Sa	7-10 p.m.	\$49/\$55	4651.102 BR
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BEERS OF THE WORLD SERIES

Ages 21+

From stouts to lagers and porters to pilsners, beer is brewed in over 208 countries around the world. In this series we travel to four breweries in Denver that focus on beer and brewing techniques from a particular country. Jump on the bus that departs from Bison Ridge Recreation Center and be transported to flavors and traditions you never knew could be experienced so close to home. Cheers!

1/21 Sa	7-10:30 p.m.	\$15/\$17	4651.103
Cohesion Brewing Company			

2/18 Sa	7-10:30 p.m.	\$15/\$17	4651.104
Cheluna Brewing Company			

3/18 Sa	7-10:30 p.m.	\$15/\$17	4651.105
Bierstadt Lagerhaus			

4/15 Sa	7-10:30 p.m.	\$15/\$17	4651.106
Wah Gwaan Brewing Company			

Adult Outdoor Recreation

CLIMBING CREW

Ages 21+

Head to The Spot in Boulder for a night of climbing, slacklining, and bouldering. The Spot offers Avery Brewery on tap for those who wish to enjoy some of their options! Need childcare? Check out Kidz Only Plus for kids to have a fun movie night!

1/20 F	5-9 p.m.	\$45/\$55	4651.111 BR
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SNOWSHOES & HOT CHOCOLATE

Ages 18+

Strap on some snowshoes and hit the trail at Golden Gate Canyon State Park. Enjoy the scenic views while you stay warm with hot chocolate! Snowshoes and trekking poles provided, or feel free to bring your own. Trail, location, and distance may change and is dependent on snow conditions.

2/18 Sa	9 a.m.-3 p.m.	\$40/\$50	4651.112 BR
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ADULT ARCHERY

Ages 18+

Learn safety, form, shot sequence and focus. Bows are available to all participants. Meet at Rocky Mountain Arsenal National Wildlife Refuge.

3/11 Sa	10 a.m. - noon	\$20/\$25	4651.113 BR
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5/6 Sa	10 a.m. - noon	\$20/\$25	4651.114 BR
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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 Red Rocks Grill 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.

4/29 Sa	8 a.m. - 4 p.m.	\$45/\$55	4651.115 BR
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PAINT MINES INTERPRETIVE HIKE

Ages 18+

The Paint Mines are named for their colorful clays that were collected by American Indians to make paint. The park features fantastic geological formations including spires and hoodoos that form through erosive action, creating incised gullies and exposed layers of selenite clay and jasper. Join us for a 2-mile hike at sunset to view this beautiful park. Dinner provided.

5/13 Sa	4-10 p.m.	\$30/\$40	4651.116 BR
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WHITE WATER RAFTING

Ages 18+

Float through the historic mining town of Idaho Springs with 10 fun rapids, including Castle Falls, Mountain Lion and Mr. Twister. This section of Clear Creek keeps you moving from start to finish with almost no slack water.

5/20 Sa	8 a.m.-2 p.m.	\$85/\$100	4651.117 BR
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HIKING PROGRAM

We offer a variety of hikes for a variety of ages, skill and experience. For all hikes, we will meet at the trailhead. No transportation provided.

Date	Location	Time	Ages	Classification	Mileage	Register
1/24 Tu	Barr Lake: Prairie Welcome Trail	1-3 p.m.	All Ages	Easy	1.5 miles	4651.118
2/4* Sa	Aspen Cellars: Snowshoe & Wine	TBD	21+	Moderate		TradingForTrails.org
2/28 Tu	Coal Creek Trail: Aquarius Trailhead	1-3 p.m.	All Ages	Easy	4.4 miles	4651.119
3/12 Su	Red Rocks: Trading Post Trail	TBD	Kid/family friendly	Easy-Moderate		TradingForTrails.org
3/28 Tu	Mount Galbraith Park	1-3 p.m.	18+	Moderate-Hard	4.2 miles	4651.120
4/22 Sa	Roxborough State Park	TBD	Kid/family friendly	Easy		TradingForTrails.org
4/25 Tu	Mount Falcon: West Trailhead	1-3 p.m.	18+	Easy-Moderate	3.2 miles	4651.121
5/12 F	Chief Mountain Trail	TBD	18+	Moderate-Hard		TradingForTrails.org
5/23 Tu	South Valley Park: South Trailhead	1-3 p.m.	All Ages	Easy	3.5 miles	4651.122

* Participants responsible for snowshoe & wine cost

Active Adult Events and Programs

VALENTINE'S DAY BISCUITS & GRAVY BREAKFAST

Bring your sweetie, your friends, and your family to the Eagle Pointe Active Adult Center to enjoy a warm breakfast of Biscuits & Gravy. Breakfast includes two golden biscuits with traditional sausage gravy. All proceeds benefit the Goodfriends Scholarship program. Please pre-register for your breakfast so staff can prepare enough food. Meals the day of the event will be \$8, so order early to save money! If you want your meal to go please let staff know when registering.

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

ST. PATRICK'S DAY CELEBRATION LUNCH AT EAGLE POINTE

March is a month to get your Irish on! Dress in green and get ready to shake your shamrocks as we say a toast and celebrate St. Patty's Day. We will enjoy a traditional Irish meal prepared by the amazing Bison Grill. On the menu, we will have corned beef and cabbage, potatoes, Irish soda bread, a salad, and a tasty dessert! Don't get green with envy—sign up early to reserve your spot! To-go options are available, as you register please let staff know if you will be attending the event or if you want the meal to-go.

3/14 Tu Noon-1:30 p.m. \$12/\$15 4201.101 EP

RED SWEATER AND VOLUNTEER SOCIAL AT EAGLE POINTE

Let's get together and celebrate the incredible senior volunteers that help make Commerce City amazing! Join friends and Active Adult Staff as we honor past Red Sweater Award Winners and other volunteers with a fun get-together. Snacks and refreshments will be served.

3/31 F 4:30-6 p.m. FREE 4601.103 EP

WORLD PARTY DAY

World Party Day was inspired by "Flight: A Quantum Fiction Novel" encouraging people to spend time with friends indoors having tons of fun and playing games. The Active Adult Center will have fun games to play, music in the

background, and snacks to enjoy. This day was created to spread joy, laughter, and fun to you and those around you!

4/3 M 11 a.m.-2 p.m. \$5/\$6 4601.107 EP

ACTIVE ADULT CENTER AT EAGLE POINTE

Everyone is welcome! Daily classes and drop-in activities for seniors and older adults.

Discount memberships for residents aged 62+

Hours: M-F, 8 a.m. - 4 p.m.

EAGLE POINTE DROP-INS

No registration required. Free and open to adults 18+

Mondays

Therapeutic Coloring 10 a.m. - 11:30 a.m.

Dominoes Noon-3:30 p.m.

Tuesdays

Wii Games 9 a.m.-Noon

Bunco 1 - 3:30 p.m.

Wednesdays

Quilting 9 a.m.- Noon

Rummikub Noon - 3:30 p.m.

Thursdays

Scrapbooking 9 a.m - Noon

Pictionary Noon - 2:30 p.m.

Fridays

Crochet and Knitting Club 9-11:30 a.m.

Game Day 11 a.m. - 4 p.m.

Drop-In Billiards available Monday-Friday 8:30am- 4pm.

Check out billiard balls at the front desk.

BOOK CLUB

Interested in reading books and meeting new friends? Join the book club through the Eagle Pointe Recreation Center! The first book the group will read is "Bygone Badass

Women." This collection of biographies and quick trivia facts will tell the stories of the courageous and tenacious women who have paved the way for the women of the future.

Each member will be responsible for ordering and receiving their book prior to the first meeting. Light refreshments, coffee and water will be provided. Call Vicki Masters 303-289-3764 for questions.

1/6 F	1 - 2:30 p.m.	FREE	4601.142 EP
1/20 F	1 - 2:30 p.m.	FREE	4601.143 EP
2/3 F	1 - 2:30 p.m.	FREE	4601.144 EP
2/17 F	1 - 2:30 p.m.	FREE	4601.145 EP
3/3 F	1 - 2:30 p.m.	FREE	4601.146 EP
3/17 F	1 - 2:30 p.m.	FREE	4601.147 EP
4/7 F	1 - 2:30 p.m.	FREE	4601.148 EP
4/21 F	1 - 2:30 p.m.	FREE	4601.149 EP

WORLD CLASS TRAIN SERIES

Travel virtually around the world as Eagle Media shares the World Class Train series to teach the history and the intricacies of these historic transports. The trains are some of the most elegant trains you will ever see.

The Royal Canadian Pacific

Take a virtual ride through the Rocky Mountains in Alberta and British Columbia from the comfort of the world's finest luxury train. The Royal Canadian Pacific takes you back in time with the fully restored vintage railway carriages.

1/4 W	1 - 3 p.m.	\$4/\$5	4601.130 EP
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Train De Luxe Rail Safari

The Train De Luxe will take viewers through Zimbabwe to see the beautiful sights from Bulawayo to Victoria Falls from this vintage train.

2/1 W	1 - 3 p.m.	\$4/\$5	4601.131 EP
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The American Orient Express

The American Orient Express, formally known as the American European Express, the train was based out of Seattle Washington. This train operated as a single luxury passenger train from 1989 until 2008. The American Orient Express served routes throughout North America.

3/1 W	1 - 3 p.m.	\$4/\$5	4601.132 EP
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The Polar Express

Every sight and sound of the magical Christmas train in the 2004 film, "The Polar Express" derived from a real-life steam locomotive. The locomotive is named the Pere Marquette 1225 and has its own story to tell, including a very close call with a scrapyard.

4/5 W	1 - 3 p.m.	\$4/\$5	4601.133 EP
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COFFEE TALK SERIES

The coffee is on us! Enjoy learning about a wide variety of topics.

Coffee with Charity Clifton from Oak Street Health

Charity Clifton will share the services offered at Commerce City's newest healthcare provider. The Oak Street Health center is located minutes from Eagle Pointe Recreation Center. Come enjoy coffee while chatting with Charity Clifton.

1/25 W	9-10 a.m.	FREE	4601.104 EP
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Coffee with Matt Miller

Matt Miller is a long time employee of the Recreation division. Matt will share the responsibilities of his team including what it takes to keep Eagle Pointe and Bison Ridge running efficiently and looking great!

2/22 W	9-10 a.m.	FREE	4601.105 EP
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Coffee with Youth and Outdoor Services Team

With the growth of the city, duties have changed with the youth services team. Meet the team who programs events and classes for the youth as well as outdoor programs for all ages.

3/15 W	9-10 a.m.	FREE	4601.106 EP
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NEW! MONTHLY BIRTHDAY CELEBRATION

All are welcome to attend the monthly birthday celebrations, no matter if it's your birthday month or not! Help your friends celebrate that special day with great times and a treat provided by the Active Adult Center. Registration is required.

1/19 Th	1-2 p.m.	\$5/\$7	4601.138 EP
2/16 Th	1-2 p.m.	\$5/\$7	4601.139 EP
3/16 Th	1-2 p.m.	\$5/\$7	4601.140 EP
4/20 Th	1-2 p.m.	\$5/\$7	4601.141 EP

BREAKFAST BURRITO BINGO AT BISON RIDGE

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

1/20 F	9 - 10:30 a.m.	\$10/\$12	4651.107 BR
2/17 F	9 - 10:30 a.m.	\$10/\$12	4651.108 BR
3/17 F	9 - 10:30 a.m.	\$10/\$12	4651.109 BR
4/21 F	9 - 10:30 a.m.	\$10/\$12	4651.110 BR

NATIONAL PIE DAY

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

1/23 M	3-4 p.m.	\$4/\$5	4601.101 EP
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NATIONAL TAMALES DAY

Did you know that archeological evidence points to tamales being consumed by the ancient Aztec and Mayan cultures? Today, they are a delectable treat enjoyed by people throughout central and South America and have been widely adopted here in the United States. Come enjoy a selection of tamales on National Tamale Day and learn about this delicious food that has a unique place in our culinary traditions right here in Commerce City.

3/23 Th	11 a.m.-12:30 p.m.	\$4/\$5	4601.107 EP
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TUESDAY MOVIE MATINEE AT EAGLE POINTE

Come escape the winter winds and warm up while enjoying films that were all 2022 Academy Award Winners! Join us at Eagle Pointe on the last Tuesday of the month to screen one of these award-winning productions and enjoy some

movie snacks! See the "On the Move" newsletter for more information on the movie of the month.

1/24 Tu	1 - 3 p.m.	\$4/\$6	4601.120 EP Encanto
2/28 Tu	1 - 3 p.m.	\$4/\$6	4601.121 EP Belfast
3/28 Tu	1 - 3 p.m.	\$4/\$6	4601.122 EP West Side Story
4/25 Tu	1 - 3 p.m.	\$4/\$6	4601.123 EP The Eyes of Tammy Faye

CRAFTY CORNER

Put on your creative hat and join in on the fun the second Friday of the month! These projects will keep you busy during the winter months. Supplies included. One piece of art per person.

1/13 F	10 a.m. - Noon	Pressed Flower Cards	4601.108 EP
\$10/11			
2/10 F	10 a.m. - Noon	Heating Bags	4601.109 EP
\$10/11			
3/10 F	10 a.m. - Noon	Tissue Paper Stained Glass	4601.110 EP
\$10/11			
4/14 F	10 a.m. - Noon	Decorate Picture Frames	4601.111 EP
\$10/11			

POTLUCK AT EAGLE POINTE

Potluck is back at Eagle Pointe! Bring a dish to share with at least six other people and enjoy this monthly community meal with your friends. Staff will provide a simple main dish each month to add to the spread. Refreshing lemonade and iced tea will be provided. See the On the Move for each month's featured dish. Registration required to ensure we have enough of the monthly main dish.

1/27 F	11 a.m.-12:30 p.m.	\$3/\$5	4601.134 EP
2/24 F	11 a.m.-12:30 p.m.	\$3/\$5	4601.135 EP
3/24 F	11 a.m.-12:30 p.m.	\$3/\$5	4601.136 EP
4/28 F	11 a.m.-12:30 p.m.	\$3/\$5	4601.137 EP

FRIDAY BINGO AT EAGLE POINTE

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

1/27 F	1 - 2:30 p.m.	\$5/\$7	4601.112 EP
2/24 F	1 - 2:30 p.m.	\$5/\$7	4601.113 EP
3/24 F	1 - 2:30 p.m.	\$5/\$7	4601.114 EP
4/28 F	1 - 2:30 p.m.	\$5/\$7	4601.115 EP

SPRING STROLLS

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

4/11 Tu	10 - 11 a.m.	FREE	4601.124	Rocky Mountain Arsenal
4/25 Tu	10 - 11 a.m.	FREE	4601.125	Sand Creek Trail

Classes

CHAIR VOLLEYBALL

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

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

WII BOWLING

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

1/25 W	10-11:30 a.m.	FREE	4601.116 EP
2/22 W	10-11:30 a.m.	FREE	4601.117 EP
3/29 W	10-11:30 a.m.	FREE	4601.118 EP
4/26 W	10-11:30 a.m.	FREE	4601.119 EP

MEDICARE 101 CLASS

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

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

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

1/18 W	9 - 10 a.m.	FREE	4701.104 EP
2/15 W	9 - 10 a.m.	FREE	4701.105 EP
3/15 W	9 - 10 a.m.	FREE	4701.106 EP
4/19 W	9 - 10 a.m.	FREE	4701.107 EP

Health & Wellness Classes

HOW NUTRITION CHANGES AS YOU AGE

Healthy eating is important for everyone, but you may need to be even more mindful of what you eat as you get older. The aging body experiences many changes that can adjust the way a person eats. In order to age well, you need to eat well.

1/18 W	11 a.m. - noon	FREE	4701.101 EP
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SIMPLE STEPS TO BOOST YOUR IMMUNE SYSTEM

Your immune system is your body's first line of defense against foreign invaders like germs and viruses. Your lifestyle habits may help or harm it; learn how to boost it against these invaders.

2/15 W 11 a.m. - noon FREE 4701.102 EP

BOOSTING YOUR MOOD WITH FOOD AND FITNESS

Your state of mind is closely related to what you eat and how you are active. Discover the relationship and what small steps you can take to improve your mood.

3/15 W 11 a.m. - noon FREE 4701.103 EP

LINE DANCE AT BISON RIDGE

Grab your dancing shoes because Mondays are for Line Dancing with Rosalie! There are two levels of class for those who love to stay active and fit. Rosalie 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

NEW! Every Thursday 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.

ACTIVE ADULT TRIPS

We are on the Move Again! Join us for adventures around Colorado. Please note that dates and times are subject to change.

Date	Time	Cost	Active Code
2/5 W	9 a.m.-3 p.m.	\$8/\$9	xxxx.xxx
Location	L2	RD 1/29	
Location	Level	Registration Deadline	

January**MAN VS FOOD**

Man VS Food premiered in 2008 on the Travel Channel. Join us watching the episode featuring a restaurant in the Denver Metro area, then travel to the restaurant to enjoy the food! Restaurant is Latke Love well known for their Eastern European comfort food. Lunch on own.

1/6 F	10:30 a.m. - 2 p.m.	\$10/\$12	4501.108
Littleton	L2	RD 12/30	

LUNCH AND A MOVIE

First enjoy lunch, and then settle in for a movie at a Metro Denver Theater! Movie included in fee. Lunch on own.

1/10 Tu	10:30 a.m. - 4 p.m.	\$16/\$18	4501.110
Metro Denver	L1	RD 1/3	

TATTERED COVER BOOKSTORE & LUNCH

Tattered Cover has new and used books to offer as well as a newsstand. Spend time finding just the right book for you! After visiting the store the trip will have a lunch stop. Lunch on own.

1/17 Tu	10 a.m. - 3 p.m.	\$12/\$14	4501.111
Denver	L2	RD 1/10	

DRUMS OF THE WORLD: COLORADO SYMPHONY

Marimba, bongos, bass drums, woodblocks, log drums, boo-bams, Chinese cymbals, metal trash cans, darabukkas, talking drums, plastic pipe, acoustic guitar, toy trumpet, tablespoons, Burma gongs, water can, crow call, tambourine, gankogui, and sleigh bells! These are just some of the percussion instruments that the virtuoso percussionists of your Colorado Symphony will be using in a dynamic concert that is fun for the entire family. No meal stop.

1/22 Su	1:30 - 6:30 p.m.	\$55/\$66	4501.112
Denver	L2	RD 1/15	

HISTORY COLORADO CENTER

The History Colorado Center is dedicated to the history of Colorado. Artifacts, stories and art tell the tale of Colorado and the American West. There are four floors of history to view, listen and touch to get a better understanding of Colorado's history. Meal on own.

1/24 Tu	9 a.m. - 1 p.m.	\$20/\$24	4501.113
Denver	L2	RD 1/17	

BOULDER DINNER THEATER: BUDDY HOLLY

In just three short years, Buddy Holly set the music world on fire and forever changed the face and sound of rock and roll. Armed with a Fender Stratocaster guitar, his signature specs and a charismatic blend of rockabilly swagger, Buddy explodes onto the stage in this jukebox musical fully loaded with classics "Peggy Sue," "Oh Boy," "That'll Be the Day," "Well...All Right," "Not Fade Away" and many more with an encore that will have you on your feet and dancing in the aisles.

1/26 Th	4:30 - 11 p.m.	\$60/\$72	4501.114
Boulder	L2	RD 1/19	

DINNER OUT: SALT GRASS STEAK HOUSE

The Salt Grass story dates back to the 1800s when millions of longhorns roamed freely throughout Texas. With the taste for beef becoming a newfound favorite in the North, Texas ranchers prospered as never before. Each winter, the longhorn were driven to the Texas Gulf Coast to graze on the rich coastal salt grass. And when they headed for market, they followed the legendary Salt Grass Trail, known far and wide for creating the best beef in the Lone Star State, along with made from scratch breads, soups, dressings, and desserts. Dinner on own.

1/30 M	4-7 p.m.	\$9/\$11	4501.101
Westminster	L1	RD 1/23	

February**BREAKFAST OUT AT DOUG'S CAFÉ**

Start the day with a scratch made breakfast at Doug's Café. Everything Doug's creates is homemade and scratch-made. From the sauces, soups, browns, fries, potato chips, biscuits, syrup, and jams, to the meats, sausages, pickles and dressings. Real butter and canola oil are used to provide you with the freshest and best tasting food anywhere. Meal on own.

2/3 F	9 a.m. - Noon	\$9/\$11	4501.115
Westminster	L1	RD 1/27	

GAMBLING TRIP: LODGE CASINO

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

2/7 Tu	9 a.m. - 3 p.m.	\$7/\$9	4501.105
Central City	L3	RD 1/31	

HAMMONDS CANDY FACTORY TOUR

For nearly 100 years, the Mile High City of Denver has seen a number of fine candy manufacturers come and go, but Hammond's Candies is still alive and very much in business. Their classic recipes and beloved candy keeps customers coming back. Join in on the tour to hear the history of this great candy factory. Meal on own.

2/9 Th	8:45 a.m. - 3 p.m.	\$10/\$12	4501.116
Denver	L2	RD 2/2	

BRIGHTON MUSIC CHOIR & ORCHESTRA CONCERT

Spend the afternoon enjoying the beautiful sounds of the Brighton Music Choir and Orchestra. One of our very own members plays in the orchestra; you won't miss to miss this performance. No meal stop.

2/12 Su	3:15- 6 p.m.	\$10/\$12	4501.117
Brighton	L1	RD 2/5	

IMAX MOVIE @ THE PHIPPS IMAX THEATER

The Phipps IMAX Theater has been renovated! Join us as we visit the theater to see the new lush lobby, concession area and a great film. Please see On the Move Newsletter for the title of the film. We will not be visiting the Denver Nature and Science museum this trip. Meal on own.

2/23 Th	10 a.m. - 2 p.m.	\$30/\$36	4501.118
Denver	L2	RD 2/16	

DINNER OUT: BLUE BAY ASIAN CAFE

The Blue Bay Asian Café specializes in Asian Cuisines such as pork, beef, chicken, and seafood. Dinner on own.

2/27 M	4-7 p.m.	\$9/\$11	4501.102
Westminster	L1	RD 2/20	

March**MAN VS FOOD**

Man VS Food premiered in 2008 on the Travel Channel. Join us watching the episode featuring a restaurant in the Denver Metro area, then travel to the restaurant to enjoy the food! Restaurant is Sam's #3 which features a large menu including breakfast, lunch, and dinner. Lunch on own.

3/3 F	10:30 a.m. - 2 p.m.	\$10/\$12	4501.109
Denver	L2	RD 2/24	

DARCY'S BISTRO & PUB

Let the St. Patrick's Day celebrating begin! Darcy's Pub has a great menu full of Irish entrées you love. Meal on own.

3/7 Tu	10:15 a.m. - 2 p.m.	\$9/\$11	4501.119
Denver	L1	RD 2/28	

THE LUMBER BARON AFTERNOON TEA

Afternoon Tea is served the traditional English way, featuring a variety of fancy finger sandwiches alongside scones, crumpets and fresh cookies. Everything is baked fresh daily in house and presented in our collection of fine china. Fee includes meal, tea, tax, and gratuity. No refunds after 3/3.

3/10 F	12:15 - 6 p.m.	\$41/\$48	4501.120
Denver	L1	RD 3/3	

LITTLETON MUSEUM

The Littleton Museum offers a unique link between Littleton's past and present. The museum is located on 40 acres of land where there are three exhibition galleries, a children's interactive gallery, research center, lecture hall, and two 19th century living history farms sites. Meal on own.

3/21 Tu	10 a.m. - 4 p.m.	\$11/\$13	4501.121
Littleton	L2	RD 3/14	

MYSTERY TRIP

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

3/22 W	10:30 a.m. - 3:30 p.m.	\$10/12	4501.107
????	L3	RD 3/15	

DINNER OUT: GUNTHER TOODY'S

Gunther Toody's specializes in American food with a 1950s twist. Great food, great wait staff, and fun for all! Dinner on own.

3/27 M	4-7 p.m.	\$9/\$11	4501.103
Northglenn	L1	RD 3/20	

ARVADA PERFORMING ARTS PRESENTS "OUR TOWN"

The story of one small town is a portrait of the universal experiences of life, love, and death. Deceptively simple, this landmark of American drama proves to be a complex exploration of profound truths. Thornton Wilder's Pulitzer

Prize-winning drama *Our Town* invokes powerful storytelling alongside wit and humor to showcase what it means to be human. Dinner on own.

3/29 W	Noon - 6 p.m.	\$50/\$60	4501.122
Arvada	L2	RD 3/22	

April

GAMBLING TRIP: THE CENTURY

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

4/4 Tu	9 a.m. - 3 p.m.	\$7/\$9	4501.106
Central City	L3	RD 3/28	

GOLDEN QUILT MUSEUM

The mission of The Rocky Mountain Quilt Museum is to collect, preserve, exhibit, and educate the public about quilts including honor quilt making traditions while embracing the evolution of the art. When you visit The Rocky Mountain Quilt Museum, you will explore the scope of quilting, from bed coverings of the 1800s to contemporary art pieces. Lunch on own.

4/6 Th	10 a.m. - 3 p.m.	\$9/\$10	4501.123
Golden	L2	RD 3/30	

ROCKY MOUNTAIN ARSENAL NATIONAL REFUGE

Step into nature and see the native wildlife that call the Refuge home. Bison, deer, raptors, songbirds, waterfowl, prairie dogs, and coyotes are just a few of the animals you will see on your visit. Take a nature escape and discover the variety of wildlife and outdoor recreational experiences waiting for you. Lunch on own.

4/18 Tu	10 a.m. - 2 p.m.	\$9/\$11	4501.124
Commerce City	L1	RD 4/11	

DINNER OUT: THE POST

The kitchen, run by Chef Brett Smith, serves family-style comfort food cooked with the love of your grandma and the skill of a trained chef. Our award-winning beers have been purposefully crafted to pair perfectly with your meal. Featured by Guy Fieri on Food Network's *Diners Drive-Ins, & Dives*, their gluten-free fried bird is better than the rest. Dinner on own.

4/24 M	4-7 p.m.	\$9/\$11	4501.104
	L1	RD 4/17	

COORS BREWERY TOUR

The Coors Brewery Tour showcases the largest single-site brewery in the world! Since 1873, the Coors Brewery has thrived on a legacy of quality, innovation, and customer service. Learn about our history and passion for brewing in a 60-minute tour. Lunch on own.

4/26 W	10 a.m. - 3 p.m.	\$26/\$30	4501.125
Golden	L3	RD 4/19	

ARGO GOLD MINE TOUR AND LUNCH IN IDAHO SPRINGS

This tour will offer the guest history of the Argo Mill and the Tunnel behind the mill. Operations for the mill began in 1893

and ended in 1943, since the mill has been preserved to educate people. No open-toed shoes, dress according to weather, and bring a hat. Lunch on own.

4/27 Th	10 a.m. - 5 p.m.	\$14/\$15	4501.126
Idaho Springs	L3	RD 4/20	

ACTIVE ADULT RESOURCES

LIFE ISN'T EASY

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

1/2 M	10-11:30 a.m.	FREE	EP
1/16 M	10-11:30 a.m.	FREE	EP
2/6 M	10-11:30 a.m.	FREE	EP
2/20 M	10-11:30 a.m.	FREE	EP
3/6 M	10-11:30 a.m.	FREE	EP
3/20 M	10-11:30 a.m.	FREE	EP
4/3 M	10-11:30 a.m.	FREE	EP
4/17 M	10-11:30 a.m.	FREE	EP

VNA WELLNESS PROGRAM

The Visiting Nurses Association operates a monthly health clinic for seniors. They check blood pressure, provide nail and foot care for diabetics and others. You must schedule an appointment with the Active Adult Center to participate in the health clinic. Cancellations must be made 24 hours in advance. Make an appointment by stopping by the Active Adult Center or by calling 303-289-3756.

1/11 W	8:30 a.m.-4:30 p.m.	FREE	EP
2/8 W	8:30 a.m.-4:30 p.m.	FREE	EP
3/8 W	8:30 a.m.-4:30 p.m.	FREE	EP
4/12 W	8:30 a.m.-4:30 p.m.	FREE	EP

MEDICARE 1-ON-1

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

THE SENIOR HUB

Phone: 303-426-4408

Email: info@seniorhub.org

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

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.

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

303-444-3043 or mobilityspecialist@viacolorado.org

- **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

Ages 16 and older for all classes

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

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-ridgeindoor-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 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 17-20.

SWIMMING LESSON FEES**Mon/Wed and Tue/Thurs Sessions**

25 min classes R / \$20 NR / \$28

45 min classes R / \$25 NR / \$33

Swim Team Prep R / \$30 NR / \$38

Wednesday and Saturday Sessions

25 min classes R / \$10 NR / \$14

45 min classes R / \$12.50 NR / \$16.50

Swim Team Prep R / \$15 NR / \$19

SWIMMING REGISTRATION

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

Swim Lesson Registration Dates for BR:

Session 1: January 3-5

Session 2: February 14-16

Session 3: March 28-30

Swim Lesson Registration Dates for EP:

Session 1: January 10-12

Session 2: February 21-23

Session 3: April 4-6

PROGRAMS AND ACTIVITIES AT BISON RIDGE**Bison Ridge Group Swimming Lesson Schedule****WATER BABIES AGES 6-17 MONTHS**

1/14-2/11 Sa	5 wk	9-9:25 a.m.	6051.101
2/25-3/25 Sa	5 wk	9-9:25 a.m.	6052.101
4/8-5/6 Sa	5 wk	9-9:25 a.m.	6053.101

PARENT-TOT 18 MOS - 2 YRS

1/14-2/11 Sa	5 wk	9:30-9:55 a.m.	6051.102
2/25-3/25 Sa	5 wk	9:30-9:55 a.m.	6052.102
4/8-5/6 Sa	5 wk	9:30-9:55 a.m.	6053.102

WATER ADJUSTMENT LEVEL 1 AGES 3-5

1/10-2/9 T/Th	5 wk	5-5:25 p.m.	6151.101
1/10-2/9 T/Th	5 wk	6-6:25 p.m.	6151.102
1/11-2/8 W	5 wk	5-5:25 p.m.	6151.103
1/11-2/8 W	5 wk	5:30-5:55 p.m.	6151.104
1/11-2/8 W	5 wk	6-6:25 p.m.	6151.105
1/11-2/8 W	5 wk	6:30-6:55 p.m.	6151.106
1/14-2/11 Sa	5 wk	9-9:25 a.m.	6151.107
1/14-2/11 Sa	5 wk	9:30-9:55 a.m.	6151.108
1/14-2/11 Sa	5 wk	10-10:25 a.m.	6151.109
1/14-2/11 Sa	5 wk	11-11:25 a.m.	6151.110
2/21-3/23 T/Th	5 wk	5-5:25 p.m.	6152.101
2/21-3/23 T/Th	5 wk	6-6:25 p.m.	6152.102
2/22-3/22 W	5 wk	5-5:25 p.m.	6152.103
2/22-3/22 W	5 wk	5:30-5:55 p.m.	6152.104
2/22-3/22 W	5 wk	6-6:25 p.m.	6152.105
2/22-3/22 W	5 wk	6:30-6:55 p.m.	6152.106
2/25-3/25 Sa	5 wk	9-9:25 a.m.	6152.107
2/25-3/25 Sa	5 wk	9:30-9:55 a.m.	6152.108
2/25-3/25 Sa	5 wk	10-10:25 a.m.	6152.109
2/25-3/25 Sa	5 wk	11-11:25 a.m.	6152.110
4/4-5/4 T/Th	5 wk	5-5:25 p.m.	6153.101
4/4-5/4 T/Th	5 wk	6-6:25 p.m.	6153.102
4/5-5/3 W	5 wk	5-5:25 p.m.	6153.103
4/5-5/3 W	5 wk	5:30-5:55 p.m.	6153.104
4/5-5/3 W	5 wk	6-6:25 p.m.	6153.105
4/5-5/3 W	5 wk	6:30-6:55 p.m.	6153.106
4/8-5/6 Sa	5 wk	9-9:25 a.m.	6153.107
4/8-5/6 Sa	5 wk	9:30-9:55 a.m.	6153.108
4/8-5/6 Sa	5 wk	10-10:25 a.m.	6153.109
4/8-5/6 Sa	5 wk	11-11:25 a.m.	6153.110

FUNDAMENTALS LEVEL 2 AGES 3-5

1/10-2/9 T/Th	5 wk	5:30-5:55 p.m.	6251.101
1/10-2/9 T/Th	5 wk	6-6:25 p.m.	6251.102
1/10-2/9 T/Th	5 wk	6:30-6:55 p.m.	6251.103
1/11-2/8 W	5 wk	5-5:25 p.m.	6251.104
1/11-2/8 W	5 wk	5:30-5:55 p.m.	6251.105
1/11-2/8 W	5 wk	6-6:25 p.m.	6251.106
1/11-2/8 W	5 wk	6:30-6:55 p.m.	6251.107
1/14-2/11 Sa	5 wk	10:30-10:55 a.m.	6251.108
1/14-2/11 Sa	5 wk	11:30-11:55 a.m.	6251.109
2/21-3/23 T/Th	5 wk	5:30-5:55 p.m.	6252.101
2/21-3/23 T/Th	5 wk	6-6:25 p.m.	6252.102
2/21-3/23 T/Th	5 wk	6:30-6:55 p.m.	6252.103
2/22-3/22 W	5 wk	5-5:25 p.m.	6252.104

2/22-3/22 W	5 wk	5:30-5:55 p.m.	6252.105
2/22-3/22 W	5 wk	6-6:25 p.m.	6252.106
2/22-3/22 W	5 wk	6:30-6:55 p.m.	6252.107
2/25-3/25 Sa	5 wk	10:30-10:55 a.m.	6252.108
2/25-3/25 Sa	5 wk	11:30-11:55 a.m.	6252.109
4/4-5/4 T/Th	5 wk	5:30-5:55 p.m.	6253.101
4/4-5/4 T/Th	5 wk	6-6:25 p.m.	6253.102
4/4-5/4 T/Th	5 wk	6:30-6:55 p.m.	6253.103
4/5-5/3 W	5 wk	5-5:25 p.m.	6253.104
4/5-5/3 W	5 wk	5:30-5:55 p.m.	6253.105
4/5-5/3 W	5 wk	6-6:25 p.m.	6253.106
4/5-5/3 W	5 wk	6:30-6:55 p.m.	6253.107
4/8-5/6 Sa	5 wk	10:30-10:55 a.m.	6253.108
4/8-5/6 Sa	5 wk	11:30-11:55 a.m.	6253.109

FUNDAMENTALS LEVEL 2 AGES 6-12

1/10-2/9 T/Th	5 wk	5:30-6:15 p.m.	6261.101
1/10-2/9 T/Th	5 wk	6:30-7:15 p.m.	6261.102
1/11-2/8 W	5 wk	5-5:45 p.m.	6261.103
1/14-2/11 Sa	5 wk	11-11:45 a.m.	6261.104
2/21-3/23 T/Th	5 wk	5:30-6:15 p.m.	6262.101
2/21-3/23 T/Th	5 wk	6:30-7:15 p.m.	6262.102
2/22-3/22 W	5 wk	5-5:45 p.m.	6262.103
2/25-3/25 Sa	5 wk	11-11:45 a.m.	6262.104
4/4-5/4 T/Th	5 wk	5:30-6:15 p.m.	6263.101
4/4-5/4 T/Th	5 wk	6:30-7:15 p.m.	6263.102
4/5-5/3 W	5 wk	5-5:45 p.m.	6263.103
4/8-5/6 Sa	5 wk	11-11:45 a.m.	6263.104

INDEPENDENT SWIM LEVEL 3 AGES 3-5

1/10-2/9 T/Th	5 wk	5-5:25 p.m.	6351.101
1/10-2/9 T/Th	5 wk	6-6:25 p.m.	6351.102
1/10-2/9 T/Th	5 wk	6:30-6:55 p.m.	6351.103
1/11-2/8 W	5 wk	6-6:25 p.m.	6351.104
1/11-2/8 W	5 wk	6:30-6:55 p.m.	6351.105
1/14-2/11 Sa	5 wk	10-10:25 a.m.	6351.106
1/14-2/11 Sa	5 wk	11:30-11:55 a.m.	6351.107
2/21-3/23 T/Th	5 wk	5-5:25 p.m.	6352.101
2/21-3/23 T/Th	5 wk	6-6:25 p.m.	6352.102
2/21-3/23 T/Th	5 wk	6:30-6:55 p.m.	6352.103
2/22-3/22 W	5 wk	6-6:25 p.m.	6352.104
2/22-3/22 W	5 wk	6:30-6:55 p.m.	6352.105
2/25-3/25 Sa	5 wk	10-10:25 a.m.	6352.106
2/25-3/25 Sa	5 wk	11:30-11:55 a.m.	6352.107
4/4-5/4 T/Th	5 wk	5-5:25 p.m.	6353.101
4/4-5/4 T/Th	5 wk	6-6:25 p.m.	6353.102

4/4-5/4 T/Th	5 wk	6:30-6:55 p.m.	6353.103
4/5-5/3 W	5 wk	6-6:25 p.m.	6353.104
4/5-5/3 W	5 wk	6:30-6:55 p.m.	6353.105
4/8-5/6 Sa	5 wk	10-10:25 a.m.	6353.106
4/8-5/6 Sa	5 wk	11:30-11:55 a.m.	6353.107

INDEPENDENT SWIM LEVEL 3 AGES 6-12

1/10-2/9 T/Th	5 wk	5-5:45 p.m.	6361.101
1/10-2/9 T/Th	5 wk	6:30-7:15 p.m.	6361.102
1/11-2/8 W	5 wk	6-6:45 p.m.	6361.103
1/14-2/11 Sa	5 wk	10:30-11:15 a.m.	6361.104
2/21-3/23 T/Th	5 wk	5-5:45 p.m.	6362.101
2/21-3/23 T/Th	5 wk	6:30-7:15 p.m.	6362.102
2/22-3/22 W	5 wk	6-6:45 p.m.	6362.103
2/25-3/25 Sa	5 wk	10:30-11:15 a.m.	6362.104
4/4-5/4 T/Th	5 wk	5-5:45 p.m.	6363.101
4/4-5/4 T/Th	5 wk	6:30-7:15 p.m.	6363.102
4/5-5/3 W	5 wk	6-6:45 p.m.	6363.103
4/8-5/6 Sa	5 wk	10:30-11:15 a.m.	6363.104

STROKE TECHNIQUES LEVEL 4 AGES 6-12

1/10-2/9 T/Th	5 wk	5-5:45 p.m.	6461.101
1/14-2/11 Sa	5 wk	9-9:45 a.m.	6461.102
1/14-2/11 Sa	5 wk	10-10:45 a.m.	6461.103
2/21-3/23 T/Th	5 wk	5-5:45 p.m.	6462.101
2/25-3/25 Sa	5 wk	9-9:45 a.m.	6462.102
2/25-3/25 Sa	5 wk	10-10:45 a.m.	6462.103
4/4-5/4 T/Th	5 wk	5-5:45 p.m.	6463.101
4/8-5/6 Sa	5 wk	9-9:45 a.m.	6463.102
4/8-5/6 Sa	5 wk	10-10:45 a.m.	6463.103

STROKE MECHANICS LEVEL 5 AGES 6-12

1/14-2/11 Sa	5 wk	9-9:45 a.m.	6561.101
1/14-2/11 Sa	5 wk	10-10:45 a.m.	6561.102
2/25-3/25 Sa	5 wk	9-9:45 a.m.	6562.101
2/25-3/25 Sa	5 wk	10-10:45 a.m.	6562.102
4/8-5/6 Sa	5 wk	9-9:45 a.m.	6563.101
4/8-5/6 Sa	5 wk	10-10:45 a.m.	6563.102

LEVEL 6 / SWIM TEAM PREP AGES 8-17

1/11-2/8 W	5 wk	5-6 p.m.	6861.101
1/14-2/11 Sa	5 wk	11 a.m.-Noon	6861.102
2/22-3/22 W	5 wk	5-6 p.m.	6862.101
2/25-3/25 Sa	5 wk	11 a.m.-Noon	6862.102
4/5-5/3 W	5 wk	5-6 p.m.	6863.101
4/8-5/6 Sa	5 wk	11 a.m.-Noon	6863.102

PROGRAMS AND ACTIVITIES AT EAGLE POINTE

WATER BABIES (AGE 6-17 MONTHS)

1/21-2/18 Sa	5 wk	9-9:25 a.m.	6001.101
3/4-4/1 Sa	5 wk	9-9:25 a.m.	6002.101
4/15-5/13 Sa	5 wk	9-9:25 a.m.	6003.101

PARENT TOT (AGE 18MO - 2YRS)

1/21-2/18 Sa	5 wk	9:30-9:55 a.m.	6001.102
3/4-4/1 Sa	5 wk	9:30-9:55 a.m.	6002.102
4/15-5/13 Sa	5 wk	9:30-9:55 a.m.	6003.102

LEVEL 1 - WATER ADJUSTMENT

1/16-2/15 M/W	5 wk	4:30-4:55 p.m.	6101.105
1/16-2/15 M/W	5 wk	5:30-5:55 p.m.	6101.106
1/17-2/16 T/Th	5 wk	4:30-4:55 p.m.	6101.101
1/17-2/16 T/Th	5 wk	5:30-5:55 p.m.	6101.102
1/21-2/18 Sa	5 wk	9-9:25 a.m.	6101.103
1/21-2/18 Sa	5 wk	10-10:25 a.m.	6101.104
2/27-3/29 M/W	5 wk	4:30-4:55 p.m.	6102.105
2/27-3/29 M/W	5 wk	5:30-5:55 p.m.	6102.106
2/28-3/30 T/Th	5 wk	4:30-4:55 p.m.	6102.101
2/28-3/30 T/Th	5 wk	5:30-5:55 p.m.	6102.102
3/4-4/1 Sa	5 wk	9-9:25 a.m.	6102.103
3/4-4/1 Sa	5 wk	10-10:25 a.m.	6102.104
4/10-5/10 M/W	5 wk	4:30-4:55 p.m.	6103.105
4/10-5/10 M/W	5 wk	5:30-5:55 p.m.	6103.106
4/11-5/11 T/Th	5 wk	4:30-4:55 p.m.	6103.101
4/11-5/11 T/Th	5 wk	5:30-5:55 p.m.	6103.102
4/15-5/13 Sa	5 wk	9-9:25 a.m.	6103.103
4/15-5/13 Sa	5 wk	10-10:25 a.m.	6103.104

LEVEL 2 - FUNDAMENTALS (AGE 3-5)

1/16-2/15 M/W	5 wk	4:30-4:55 p.m.	6201.105
1/16-2/15 M/W	5 wk	5:30-5:55 p.m.	6201.106
1/17-2/16 T/Th	5 wk	4:30-4:55 p.m.	6201.101
1/17-2/16 T/Th	5 wk	5:30-5:55 p.m.	6201.102
1/21-2/18 Sa	5 wk	9:30-9:55 a.m.	6201.103
1/21-2/18 Sa	5 wk	10:30-10:55 a.m.	6201.104
2/27-3/29 M/W	5 wk	4:30-4:55 p.m.	6202.105
2/27-3/29 M/W	5 wk	5:30-5:55 p.m.	6202.106
2/28-3/30 T/Th	5 wk	4:30-4:55 p.m.	6202.101
2/28-3/30 T/Th	5 wk	5:30-5:55 p.m.	6202.102
3/4-4/1 Sa	5 wk	9:30-9:55 a.m.	6202.103
3/4-4/1 Sa	5 wk	10:30-10:55 a.m.	6202.104
4/10-5/10 M/W	5 wk	4:30-4:55 p.m.	6203.105
4/10-5/10 M/W	5 wk	5:30-5:55 p.m.	6203.106

4/11-5/11 T/Th	5 wk	4:30-4:55 p.m.	6203.101
4/11-5/11 T/Th	5 wk	5:30-5:55 p.m.	6203.102
4/15-5/13 Sa	5 wk	9:30-9:55 a.m.	6203.103
4/15-5/13 Sa	5 wk	10:30-10:55 a.m.	6203.104

LEVEL 2 - FUNDAMENTALS (AGE 6-12)

1/16-2/15 M/W	5 wk	5-5:45 p.m.	6211.105
1/16-2/15 M/W	5 wk	6:30-7:15 p.m.	6211.106
1/17-2/16 T/Th	5 wk	5-5:45 p.m.	6211.101
1/17-2/16 T/Th	5 wk	6:30-7:15 p.m.	6211.102
1/21-2/18 Sa	5 wk	10-10:45 a.m.	6211.103
1/21-2/18 Sa	5 wk	11-11:45 a.m.	6211.104
2/27-3/29 M/W	5 wk	5-5:45 p.m.	6212.105
2/27-3/29 M/W	5 wk	6:30-7:15 p.m.	6212.106
2/28-3/30 T/Th	5 wk	5-5:45 p.m.	6212.101
2/28-3/30 T/Th	5 wk	6:30-7:15 p.m.	6212.102
3/4-4/1 Sa	5 wk	10-10:45 a.m.	6212.103
3/4-4/1 Sa	5 wk	11-11:45 a.m.	6212.104
4/10-5/10 M/W	5 wk	5-5:45 p.m.	6213.105
4/10-5/10 M/W	5 wk	6:30-7:15 p.m.	6213.106
4/11-5/11 T/Th	5 wk	5-5:45 p.m.	6213.101
4/11-5/11 T/Th	5 wk	6:30-7:15 p.m.	6213.102
4/15-5/13 Sa	5 wk	10-10:45 a.m.	6213.103
4/15-5/13 Sa	5 wk 1	1-11:45 a.m.	6213.104

LEVEL 3 - INDEPENDENT SWIM (AGE 3-5)

1/16-2/15 M/W	5 wk	5-5:25 p.m.	6301.105
1/16-2/15 M/W	5 wk	6-6:25 p.m.	6301.106
1/17-2/16 T/Th	5 wk	5-5:25 p.m.	6301.101
1/17-2/16 T/Th	5 wk	6-6:25 p.m.	6301.102
1/21-2/18 Sa	5 wk	10-10:25 a.m.	6301.103
1/21-2/18 Sa	5 wk	11:30-11:55 a.m.	6301.104
2/27-3/29 M/W	5 wk	5-5:25 p.m.	6302.105
2/27-3/29 M/W	5 wk	6-6:25 p.m.	6302.106
2/28-3/30 T/Th	5 wk	5-5:25 p.m.	6302.101
2/28-3/30 T/Th	5 wk	6-6:25 p.m.	6302.102
3/4-4/1 Sa	5 wk	10-10:25 a.m.	6302.103
3/4-4/1 Sa	5 wk	11:30-11:55 a.m.	6302.104
4/10-5/10 M/W	5 wk	5-5:25 p.m.	6303.105
4/10-5/10 M/W	5 wk	6-6:25 p.m.	6303.106
4/11-5/11 T/Th	5 wk	5-5:25 p.m.	6303.101
4/11-5/11 T/Th	5 wk	6-6:25 p.m.	6303.102
4/15-5/11 Sa	5 wk	10-10:25 a.m.	6303.103
4/15-5/11 Sa	5 wk	11:30-11:55 a.m.	6203.104

LEVEL 3 - INDEPENDENT SWIM (AGE 6-12)

1/16-2/15 M/W	5 wk	6-6:45 p.m.	6311.105
1/16-2/15 M/W	5 wk	6:30-7:15 p.m.	6311.106
1/17-2/16 T/Th	5 wk	6-6:45 p.m.	6311.101
1/17-2/16 T/Th	5 wk	6:30-7:15 p.m.	6311.102
1/21-2/18 Sa	5 wk	10:30-11:15 a.m.	6311.103
1/21-2/18 Sa	5 wk	11-11:45 a.m.	6311.104
2/27-3/29 M/W	5 wk	6-6:45 p.m.	6312.105
2/27-3/29 M/W	5 wk	6:30-7:15 p.m.	6312.106
2/28-3/30 T/Th	5 wk	6-6:45 p.m.	6312.101
2/28-3/30 T/Th	5 wk	6:30-7:15 p.m.	6312.102
3/4-4/1 Sa	5 wk	10:30-11:15 a.m.	6312.103
3/4-4/1 Sa	5 wk	11-11:45 a.m.	6312.104
4/10-5/10 M/W	5 wk	6-6:45 p.m.	6313.105
4/10-5/10 M/W	5 wk	6:30-7:15 p.m.	6313.106
4/11-5/11 T/Th	5 wk	6-6:45 p.m.	6313.101
4/11-5/11 T/Th	5 wk	6:30-7:15 p.m.	6313.102
4/15-5/13 Sa	5 wk	10:30-11:15 a.m.	6313.103
4/15-5/13 Sa	5 wk	11-11:45 a.m.	6313.104

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

1/16-2/15 M/W	5 wk	4:30-5:15 p.m.	6401.103
1/17-2/16 T/Th	5 wk	4:30-5:15 p.m.	6401.101
1/21-2/18 Sa	5 wk	9-9:45 a.m.	6401.102
2/27-3/29 M/W	5 wk	4:30-5:15 p.m.	6402.103
2/28-3/30 T/Th	5 wk	4:30-5:15 p.m.	6402.101
3/4-4/1 Sa	5 wk	9-9:45 a.m.	6402.102
4/10-5/10 M/W	5 wk	4:30-5:15 p.m.	6403.103
4/11-5/11 T/Th	5 wk	4:30-5:15 p.m.	6403.101
4/15-5/13 Sa	5 wk	9-9:45 a.m.	6403.102

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

1/16-2/15 M/W	5 wk	5:30-6:15 p.m.	6501.103
1/17-2/16 T/Th	5 wk	5:30-6:15 p.m.	6501.101
1/21-2/18 Sa	5 wk	10-10:45 a.m.	6501.102
2/27-3/29 M/W	5 wk	5:30-6:15 p.m.	6502.103
2/28-3/30 T/Th	5 wk	5:30-6:15 p.m.	6502.101
3/4-4/1 Sa	5 wk	10-10:45 a.m.	6502.102
4/10-5/10 M/W	5 wk	5:30-6:15 p.m.	6503.103
4/11-5/11 T/Th	5 wk	5:30-6:15 p.m.	6503.101
4/15-5/13 Sa	5 wk	10-10:45 a.m.	6503.102

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

1/16-2/15 M/W	5 wk	6:30-7:30 p.m.	6811.102
1/21-2/18 Sa	5 wk	11 a.m.- Noon	6811.101
2/27-3/29 M/W	5 wk	6:30-7:30 p.m.	6812.102
3/4-4/1 Sa	5 wk	11 a.m.- Noon	6812.101
4/10-5/10 M/W	5 wk	6:30-7:30 p.m.	6813.102
4/15-5/13 Sa	5 wk	11 a.m.- Noon	6813.101

ADULT (AGE 16 AND UP)

1/21-2/18 Sa	5 wk	9-10 a.m.	6601.101
3/4-4/1 Sa	5 wk	9-10 a.m.	6602.101
4/15-5/13 Sa	5 wk	9-10 a.m.	6603.101

Lap Pool

- Lap Lanes are reserved for lap swimming only
- All ages are welcome during the scheduled "All Ages" times.
- Open Side is available for water walking, exercising, basketball and a variety of other uses. Please refer to the pool schedule for usage restrictions due to programming and age.

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.'

Steam Room

- Must be 16 or older to use steam room
- Do not exceed 10 minutes in the steam room
- Long exposure may result in nausea, dizziness or fainting
- Please shower before entering steam room
- No shaving
- Use of personal lotions, oils, sprays, soaps, etc. is not permitted in the steam room
- Pregnant women and persons with medical conditions should not enter the steam room without medical consultation
- Proper swimwear is required for the steam room

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.

The age range included with dance class descriptions is a general guideline. Instructors will recommend the appropriate class level for students based on their skills. Students who start in one class might be asked to move to a different class in an effort to match abilities. Winter/Spring performance classes will end with a spring recital in June. Register early to take advantage of discounted class fees.

CREATIVE MOVEMENT

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

Non-Performance

Age 3

1/24-5/30 Tu	5:30-6 p.m.	1001.101 EP
by 1/18 \$70/\$80	on 1/19 \$80/\$90	

*No class 3/28.

Performance

Age 4

1/24-5/30 Tu	6-6:30 p.m.	1001.102 EP
by 1/18 \$82/\$92	on 1/19 \$92/\$102	

*No class 3/28.

Age 4

1/28-5/27 Sa	9-9:30 a.m.	1051.103 BR
by 1/18 \$82/\$92	on 1/19 \$92/\$102	

*No class 3/25.

Performance

Ballet & Tap

Children are introduced to dance fundamentals and move progressively through dance classes, developing balance, steps, three positions and footwork. Coed classes emphasize having fun and expressing yourself through dance. Tap and ballet shoes required.

BEGINNING

Ages 5-6

1/24-5/30 Tu	6:30-7:15 p.m.	1101.101 EP
by 1/18 \$91/\$101	on 1/19 \$101/\$111	

*No class 3/28.

1/24-5/30 Tu	7:15-8 p.m.	1101.102 EP
by 1/18 \$91/\$101	on 1/19 \$101/\$111	

*No class 3/28.

1/26-6/1 Th	5:30-6:15 p.m.	1151.103 BR
by 1/18 \$91/\$101	on 1/19 \$101/\$111	

*No class 3/23.

1/27-6/2 F	5:30-6:15 p.m.	1101.104 EP
by 1/18 \$91/\$101	on 1/19 \$101/\$111	

*No class 3/31.

1/28-5/27 Sa	9:30-10:15 a.m.	1101.105 BR
by 1/18 \$91/\$101	on 1/19 \$101/\$111	

*No class 3/25.

1/28-5/27 Sa	10:15-11 a.m.	1101.106 BR
by 1/18 \$91/\$101	on 1/19 \$101/\$111	

*No class 3/25.

Performance

JAZZ

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

Ages 7-8

1/26-6/1 Th	6:30-7:30 p.m.	1551.101 BR
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

*No class 3/23.

Ages 9-12

1/27-6/2 F	5:30-6:30 p.m.	1551.102 BR
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

*No class 3/24.

Performance

Contemporary

Ages 14 to 18

Contemporary blends several types of dance into its own unique style. It includes elements of ballet, jazz, modern and hip hop. The style is very theatrical in performance and allows dancers to be very expressive.

1/27-6/2 F	6:30-7:30 p.m.	1851.101 BR
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

*No class 3/23.

Performance

Beginning Poms

Ages 8 to 12

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

1/26-6/1 Th	7:30-8:30 p.m.	1451.101 BR
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

*No class 3/23.

1/27-6/2 F	6:30-7:30 p.m.	1401.101 EP
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

*No class 3/31.

Performance

Lyrical Dance

Ages 12 and older

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

1/26-6/1 Th	8:30-9:30 p.m.	1391.101 BR
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

*No class 3/23.

Performance**Hip Hop**

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

BEGINNING**Ages 7-10**

1/25-5/31 W	6-7 p.m.	1251.101 BR
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

**No class 3/22.*

1/25-5/31 W	6:30-7:30 p.m.	1201.101 EP
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

**No class 3/29.*

INTERMEDIATE LEVEL**Ages 11-16**

1/25-5/31 W	7:30-8:30 p.m.	1211.101 EP
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

**No class 3/29.*

1/25-5/31 W	7-8 p.m.	1261.101 BR
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

**No class 3/22.*

ADVANCED LEVEL**By instructor invitation only**

1/25-5/31 W	8-9 p.m.	1291.101 BR
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

**No class 3/22.*

Non-Performance**Ballet Basics****Age 3**

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

1/24-5/30 Tu	4:30-5 p.m.	1651.101 BR
by 1/18 \$70/\$80	1/19 \$80/\$90	

**No class 3/21.*

Performance**Ballet Basics****Age 4**

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

1/24-5/30 Tu	5-5:30 p.m.	1651.102 BR
by 1/18 \$82/\$92	on 1/19 \$92/\$102	

**No class 3/21.*

Performance**Introduction to Ballet****Ages 5-6**

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

1/24-5/30 Tu	5:30-6:15 p.m.	1661.101 BR
by 1/18 \$91/\$101	on 1/19 \$101/\$111	

**No class 3/21.*

INTERMEDIATE BALLET**Ages 7-8**

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

1/24-5/30 Tu	6:15-7:15 p.m.	1671.101 BR
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

**No class 3/21.*

Performance**Ballet Folklorico****Ages 8-17**

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

1/25-5/31 W	5:30-6:30 p.m.	1351.101 EP
by 1/18 \$95/\$105	on 1/19 \$105/\$115	

**No class 3/29.*

Non-Performance**Adult Ballet****Ages 18+**

Adult ballet focuses on exercises, techniques and steps of classical ballet with an emphasis on terminology and correct body alignment. Develops and aesthetic awareness of the art of classical ballet. Includes a warm-up at the barre with center floor work and combinations.

1/28-3/4 Sa	9-10:30 a.m.	1701.101 EP
by 1/18 \$60/\$70	on 1/19 \$70/\$80	

*3/11-4/22 Sa	9-10:30 a.m.	1702.101 EP
by 3/7 \$60/\$70	on 1/19 \$70/\$80	

**No class 4/1.*

FAMILY PROGRAMS

DAY OF SERVICE

Ages 6+ with an adult

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

1/16 M	10 a.m.-2 p.m.	FREE	7701.101 EP
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DADDY DAUGHTER DANCE: A NIGHT IN PARIS

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

Dance under the Eiffel Tower and dine on crêpes along the Champs-Élysées as you enjoy an evening with your special girl in the City of Light. Please register each participant separately. Fees increase to \$20/\$25 per person after 1/27, so register early!

2/3 F	6-9 p.m.	\$15/\$18/person	7751.101 BR
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FAMILY PAINT PARTY

Ages 6+ with an adult

Create a beautiful work of art with instruction and supplies provided by Gallery on the Go! Please register each participant separately.

2/8 W	6-8 p.m.	\$22/\$28/person	7011.101 EP
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5/10 W	6-8 p.m.	\$22/\$28/person	7012.101 EP
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MINI COMIC-CON

All Ages

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

3/25 Sa	10 a.m. - 4 p.m.	FREE	
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EASTER EGGSTRAVAGANZA

All Ages

Hop on in for egg decorating, pictures with the Easter Bunny, crafts, and an egg hunt. Please register each participant separately.

4/1 Sa	10 a.m.-noon	\$5/\$8/person	7702.101 EP
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MOMMY AND ME FAIRY TEA

For children ages 3+ with an adult female role model

Grab your wings and tiara and join us for tea, sandwiches, desserts, games, and crafts. Please register each participant separately.

5/6 Sa	11 a.m.-1 p.m.	\$7/\$10/person	7753.101 BR
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FAMILY FUN FRIDAYS

Ages 4+ with an adult

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

F	6-8:30 p.m.	\$12/\$18/family	
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1/13	Tie Dye Party	7081.101 BR
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1/27	Lego Mania	7031.101 EP
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2/10	Try 'N Escape	7082.101 BR
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2/24	Nature Crafts	7032.101 EP
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3/10	Bingo	7083.101 BR
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4/14	Glow Disco	7084.101 BR
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4/28	Jewelry Making	7034.101 EP
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5/12	Model Building	7085.101 BR
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5/19	Nerf Battle	7035.101 EP
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PRESCHOOL AGED PROGRAMS

Parent & Tot Classes

PARENT/TOT OUT N' ABOUT

Ages 3-6

Form new friendships while visiting some of our favorite places around town.

Transportation provided for participants 4 years and older with adult. Participants under 4 years will have to meet at location. Van will pick up at both Eagle Pointe and Bison Ridge Recreation Centers.

Th	9 a.m. - noon	\$15/\$20	Eagle Pointe	Bison Ridge
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1/19	Monkey Bizness	7141.302	7141.303
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2/9	South Adams County Firehouse	7142.302	7142.303
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3/16	Butterfly Museum	7143.302	7143.303
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4/13	Urban Farm	7144.302	7144.303
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PARENT/TOT ENRICHMENT

Ages 2-5 with an adult (price is per child)

Create music, art and fun together.

M	9-9:45 a.m.	\$22/\$28 EP
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1/9-1/30	Snow Daze	7111.101
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2/6-2/27	Around the World	7112.101
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3/6-3/20*	Taking Flight	7113.101
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4/3-4/24	Dino-Mite	7114.101
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5/1-5/15*	Under the Sea	7115.101
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*Price prorated.

W	1-1:45 p.m.	\$22/\$28 EP
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1/4-1/25	Cozy and Warm	7111.102
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2/1-2/22	Artic Animals	7112.102
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3/1-3/22	Here Comes Spring	7113.102
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4/5-4/26	Down on the Farm	7114.102
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5/3-5/17*	Camping Fun	7115.102
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*Price prorated.

BILINGUAL PARENT/TOT ENRICHMENT

Ages 2-5 with an adult (price is per child)

Class is taught in Spanish and English to encourage movement, art, and creativity, all alongside a parent or guardian.

Th	9-9:45 a.m.	\$22/\$28 EP
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1/5-1/26	Let's Learn the Alphabet	7131.101
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2/2-2/23	Farm Animals	7131.101
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3/2-3/23	Bugs, Bugs, Bugs	7131.101
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4/6-4/27	Family Ties	7131.101
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5/4-5/18*	Our Home	7131.101
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*Price prorated.

JUMPBUNCH SPORTS AND FITNESS FOR KIDS

Sports. Smiles. Fitness. Fun! Come see what being fun and fit is all about. Each week we introduce your child to a new sport or fitness activity in a safe and encouraging environment.

Parent/Tot Ages 1.5-2.5 with an adult (price is per child)

Th	9:15-9:45 a.m.	BR
1/5-1/26	\$52/\$65	7161.101
2/2-2/23	\$52/\$65	7162.101
3/2-3/30*	\$52/\$65	7163.101
4/6-4/27	\$52/\$65	7164.101
5/4-5/25	\$52/\$65	7165.101

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

Th	10-10:30 a.m.	BR
1/5-1/26	\$52/\$65	7161.102
2/2-2/23	\$52/\$65	7162.102
3/2-3/30*	\$52/\$65	7163.102
4/6-4/27	\$52/\$65	7164.102
5/4-5/25	\$52/\$65	7165.102

Ages 3.5-6

Th	10:45-11:30 a.m.	BR
1/5-1/26	\$52/\$65	7161.103
2/2-2/23	\$52/\$65	7162.103
3/2-3/30*	\$52/\$65	7163.103
4/6-4/27	\$52/\$65	7164.103
5/4-5/25	\$52/\$65	7165.103

*No programming on March 23.

PRESCHOOL AGED ENRICHMENT**Ages 3-5**

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

M	1-1:45 p.m.	\$16/\$20 BR
1/9-9/30	Burr It's Cold	7181.101
2/6-2/27	Hearts and Friends	7182.101
3/6-3/20	Let's Get Springin'	7183.101
4/3-4/24	Who Loves April?	7184.101
5/1-5/15*	May Flowers	7185.101

*Price prorated.

M	2-4p.m.	\$20/\$30 BR
1/9-9/30	Let's Get Building	7181.101
2/6-2/27	Love and Friendships	7182.101
3/6-3/20	Crazy Colors	7183.101
4/3-4/24	April Showers	7184.101
5/1-5/15*	Here Comes Summer	7185.101

Tu	10-10:45 a.m.	\$16/\$20 EP
1/10-1/31	Artic Animals	7101.101
2/7-2/28	Five Senses	7102.101
3/7-3/21*	Transportation Exploration	7103.101

4/4-4/25	Mad Scientists	7104.101
5/2-5/16*	Ocean Animals	7105.101

*Price prorated.

BILINGUAL PRESCHOOL ENRICHMENT**Ages 3-5**

Class is taught in Spanish and English to allow students to be creative and put into practice their natural gifts, talents, and passions.

F	9-9:45 a.m.	\$15/\$19 EP
1/6-1/27	Days of the Week	7121.101
2/3-2/24	Letters	7122.101
3/3-3/24	All About Me	7123.101
4/7-4/28	Let's Get Crafty	7124.101
5/5-5/19*	Let's Grow Together	7125.101

*Price prorated.

TINY TREKS**Ages 3-5**

Together we explore our senses, create curiosity, and develop a love of the natural world.

Class is held outdoors whenever possible, please dress your child appropriately.

*Both time slots cover the same topics. Please select only one time frame.

F	9-9:45 a.m.	\$16/\$20 BR
1/6-1/20		7191.101
2/3-2/17		7192.101
3/3-3/17		7193.101
4/7-4/21		7194.101
5/5-5/19		7195.101

F	10-10:45 a.m.	\$16/\$20 BR
1/6-1/20		7191.102
2/3-2/17		7192.102
3/3-3/17		7193.102
4/7-4/21		7194.102
5/5-5/19		7195.102

TINY TREKS PLUS

Join us for an additional class of Tiny Treks as we continue to develop our love of the natural world. Class will be partially spent outdoors, please dress your child appropriately.

4/28 F	9-10:30 a.m.	\$5/\$9	7194.103 BR
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TINY TREKS ON THE ROAD**Ages 3-5**

Join us as we meet at a new outdoor location each month to complete a craft and take a nature walk together.

*Transportation not provided. Participants will be asked to meet recreation staff at the location each month.

Sa	10-11 a.m.	\$5/\$7
1/7	Fronterra Park	7191.103
2/11	Veterans Memorial Park	7192.103
3/25	Rocky Mountain Arsenal National Wildlife Refuge	7193.103
5/27	Turnberry Park	7195.103

LITTLE NATURE CREATORS**Ages 3-5**

Let your creativity flow by designing arts and crafts made with natural materials found outside! Using all kinds of mediums, we will learn about the environment while playing games to stimulate exploring and curiosity.

F	1-3 p.m.	\$6/\$10	BR	
2/24				7192.104
4/21				7194.103

JOURNEY STICK PRESCHOOL**Ages 3-6**

Create a nature walking stick with items of your choosing during a stroll at the Wetlands Loop. Collect items such as sticks, rocks, leaves, and more to add to your Journey Stick. *Participants will meet at Sand Creek Regional Greenway, Wetlands Loop.

5/26 F	9-10 a.m.	\$3/\$5		7199.101 BR
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DISCOVERY KIDS**Ages 3 – 5**

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

Bison Ridge

Tu, W, Th	2-4 p.m.			
1/3-01/26	Ice and Snow	\$120/\$160		7151.101
1/31-2/23	Kids on the Move	\$120/\$160		7152.101
2/28-3/30*	Crazy Weather	\$120/\$160		7153.101
*no program 3/21-3/23				
4/4-4/27	Spring into the Outdoors	\$120/\$160		7154.101
5/2-5/18	Community Helpers	\$90/\$120		7155.101

JUNIOR JAM**Ages 3-5**

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

6-8:30 p.m.	\$10/\$12	BR		
1/6 F	New Year New You			7171.101
1/20 F	Do You Want to Build a Snowman			7171.102
2/17 F	Mardi Gras			7172.101
3/3 F	Lucky Charm			7173.101
3/17 F	Spring Fling			7173.102
4/7 F	April Showers Bring May Flowers			7174.101
4/21	Invest in our Planet			7174.102
5/5 F	Carnival Craze			7175.101
5/19 F	Spish-Splash			7175.102

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

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

SILVER SNEAKERS

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

WEIGHT TRAINING

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

YOGA/PILATES

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

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

WOMEN ON WEIGHTS

16 years and older

Are you bored with your current exercise program? Women on weight encompasses multiple formats utilizing dumbbells, barbells, bands, steps, and many more tools. This class is perfect for women who would like to learn the proper mechanics of weight training while focusing on muscular strength, core, and endurance. It provides great instruction in a small group setting to help participants reach their fitness goals,

2/18 - 3/11 Sa	9:30 - 10:30 a.m.	\$35/\$40	3561.101 BR
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TRX + KETTLEBELLS

16 years and older

This individual 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 on one attention in a smaller group setting. Get ready to see results!

1/17 - 2/24 Tu/Th	7 - 8 p.m.	\$90/\$95	3551.101 BR
3/15 - 4/28 Th	7 - 8 p.m.	\$90/\$95	3552.101 BR

RESTORATIVE YOGA/ MEDITATION

16 years and older

Restorative Yoga & Meditation is an hour-long class that will open your body, mind and soul through practicing stillness and gentle movements for extended periods of time. This class is open to all levels and would be beneficial for expecting mothers, people experiencing high stress, anxiety, recovering from injuries, and anything in between.

2/8 - 3/1 W	6:30 - 7:30 p.m.	\$40/45	3351.101 BR
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TEEN WEIGHTLIFTING

15 - 18 years

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

1/10 - 2/14 Tu	7-8 p.m.	\$60/\$65	3161.101 BR
3/7 - 4/11 Tu	7-8 p.m.	\$60/\$65	3162.101 BR

BUILD BOOT CAMP

16 years and older

Our progressive boot camp includes exercise testing at the beginning and end of the course to assess growth. Work 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 great results! Open to all fitness levels.

3/21 - 4/27 Tu/Th	5:15 - 6:15 p.m.	\$150/\$155	3571.101 BR
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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 great results! Open to all fitness levels. Price includes up to four family members. Please register only one person per family.

1/25 - 3/1 Tu	6:30 - 7:30 p.m.	\$25/\$30 per family	3511.101
3/22 - 4/26 Tu	6:30 - 7:30 p.m.	\$25/\$30 per family	3512.101

ACTIVE ADULTS ON WEIGHTS

50 years and older

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

2/7-2/28 Tu	9:30 - 10:30 a.m.	\$30/\$35	3251.101 BR
3/7-3/28 Tu	9:30 - 10:30 a.m.	\$30/\$35	3252.101 BR

50+ WEIGHT ROOM ORIENTATION

50 years and older

Join us for a weight room orientation with a certified personal trainer. This orientation will include going over different exercise equipment for proper form, how to perform the exercises safely and proper weight room etiquette.

GOLF



Celebrate the New Year at Bison Grill

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

Dec. 31, 2022 • 5:30-8:30 p.m.

Book A Tee Time

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

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

Location

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

Golf Course Hours*

Sunrise - sunset

Driving Range Hours*

Sunrise - one hour prior to sunset

*Weather permitting.

Irrigation Replacement Project

Irrigation Replacement Project through Feb. 1, 2023. Hole closures will take place, 1-2 holes per day.

Nov. 7, 2022 – March 13, 2023

Winter Rates

Monday – Thursday

18 holes riding \$40 (walking \$25)

9 holes riding \$25 (walking \$15)

Friday – Sunday

18 holes riding \$45 (walking \$30)

9 holes riding \$30 (walking \$20)

Be sure to ask about 2023 programs!



1/18 W	11 a.m. – noon	\$5/\$6	3211.101 EP
1/26 Th	5:30 – 6:30 p.m.	\$5/\$6	3212.101 EP
2/13 M	9:30 – 10:30 a.m.	\$5/\$6	3213.101 EP
2/21 Tu	5:30 – 6:30 p.m.	\$5/\$6	3214.101 EP

CHRONIC CONDITION ADAPTIVE STRENGTH TRAINING

16 years and older

A class designed with adapting to a variety of chronic conditions, this class will emphasize proper flexibility, core strength, and weightlifting techniques. Staff trained on how to work around these conditions will lead and monitor the class as it works in a group setting and with programs on the weight room floor. Medical clearance may be required. Questions please call 303-289-3762.

1/24 - 2/23 Tu/Th	11 a.m. – noon	\$30/\$35	3261.101 BR
3/23 Tu/Th	5:30 – 6:30 p.m.	\$30/\$35	3262.101 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 protection required to join class. Uniforms and pads available for additional purchase but not required. Uniforms are only required for testing. Belts are included in registration fee.

1/17 - 2/21 Tu	6:30 – 8 p.m.	\$45/\$50	3801.101 EP
1/17 - 2/23 Tu/Th	6:30 – 8 p.m.	\$90/\$95	3801.102 EP
1/19 - 2/23 Th	6:30 – 8 p.m.	\$45/\$50	3801.103 EP
3/7 - 4/11 Tu	6:30 – 8 p.m.	\$45/\$50	3802.101 EP
3/7 - 4/13 Tu/Th	6:30 – 8 p.m.	\$90/\$95	3802.102 EP
3/9 - 4/13 Th	6:30 – 8 p.m.	\$45/\$50	3802.103 EP

New Year, Get in Gear!

CITY OF COMMERCE CITY NEW YEAR'S WELLNESS PROGRAM

16 years and older

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

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

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

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

Beginning level classes focus on movement

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



PARENT-TAUGHT

Ages 2-4 and parent

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

1/9-2/20 M by 1/3 \$27/\$37	9-9:45 a.m. on 1/4 \$37/\$47	2101.101 BR
1/9-2/20 M by 1/3 \$27/\$37	10-10:45 a.m. on 1/4 \$37/\$47	2101.102 BR
1/9-2/20 M by 1/3 \$27/\$37	2-2:45 p.m. on 1/4 \$37/\$47	2101.103 BR
1/14-2/25 Sa by 1/3 \$27/\$37	9-9:45 a.m. on 1/4 \$37/\$47	2101.104 BR
3/13-4/24 M by 3/7 \$27/\$37	9-9:45 a.m. on 3/8 \$37/\$47	2102.101 BR
3/13-4/24 M by 3/7 \$27/\$37	10-10:45 a.m. on 3/8 \$37/\$47	2102.102 BR
3/13-4/24 M by 3/7 \$27/\$37	2-2:45 p.m. on 3/8 \$37/\$47	2102.103 BR
3/18-4/29 Sa by 3/7 \$27/\$37	9-9:45 a.m. on 3/8 \$37/\$47	2102.104 BR

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.

1/9-2/20 M by 1/3 \$27/\$37	11-11:45 a.m. on 1/4 \$37/\$47	2201.101 BR
1/9-2/20 M by 1/3 \$27/\$37	Noon-12:45 p.m. on 1/4 \$37/\$47	2201.102 BR
1/9-2/20 M by 1/3 \$27/\$37	3-3:45 p.m. on 1/4 \$37/\$47	2201.103 BR

ADAPTIVE GYMNASTICS

Ages 4-17

The SOAR program was created to be all inclusive and provide a recreational outlet to children with neurological or physical disabilities. SOAR stands for Success and Opportunity Achieved through Recreation. This program allows children with disabilities to participate in the sport of gymnastics. IEP required to register for this class.

1/14-2/25 Sa by 1/3 \$27/\$37	4-4:45 p.m. on 1/4 \$37/\$47	2601.101 BR
3/18-4/29 Sa by 3/7 \$27/\$37	4-4:45 p.m. on 3/8 \$37/\$47	2602.101 BR
1/14-2/25 Sa by 1/3 \$27/\$37	10-10:45 a.m. on 1/4 \$37/\$47	2201.104 BR
1/14-2/25 Sa by 1/3 \$27/\$37	11-11:45 a.m. on 1/4 \$37/\$47	2201.105 BR
3/13-4/24 M by 3/7 \$27/\$37	11-11:45 a.m. on 3/8 \$37/\$47	2202.101 BR
3/13-4/24 M by 3/7 \$27/\$37	Noon-12:45 p.m. on 3/8 \$37/\$47	2202.102 BR
3/13-4/24 M by 3/7 \$27/\$37	3-3:45 p.m. on 3/8 \$37/\$47	2202.103 BR
3/18-4/29 Sa by 3/7 \$27/\$37	10-10:45 a.m. on 3/8 \$37/\$47	2202.104 BR
3/18-4/29 Sa by 3/7 \$27/\$37	11-11:45 a.m. on 3/8 \$37/\$47	2202.105 BR

Early registration for beginning, advanced beginning and intermediate class levels starts December 20 for residents and December 22 for non-residents for session 1, ending on January 3. Starting January 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 February 28 for residents and March 2 for non-residents, ending on March 7. Starting on March 8, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Please register early to secure your spot and enjoy the discounted class rates.

BEGINNING GYMNASTICS

Ages 6-17

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

1/9-2/20 M by 1/3 \$32/\$42	4:30-5:30 p.m. on 1/4 \$42/\$52	2301.101 BR
1/9-2/20 M by 1/3 \$32/\$42	5:30-6:30 p.m. on 1/4 \$42/\$52	2301.102 BR
1/9-2/20 M by 1/3 \$32/\$42	7:30-8:30 p.m. on 1/4 \$42/\$52	2301.103 BR
1/9-2/20 M by 1/3 \$32/\$42	7:30-8:30 p.m. on 1/4 \$42/\$52	2301.104 BR
1/11-2/22 W by 1/3 \$32/\$42	4:30-5:30 p.m. on 1/4 \$42/\$52	2301.105 BR
1/11-2/22 W by 1/3 \$32/\$42	6:30-7:30 p.m. on 1/4 \$42/\$52	2301.106 BR
1/11-2/22 W by 1/3 \$32/\$42	7:30-8:30 p.m. on 1/4 \$42/\$52	2301.107 BR
1/11-2/22 W by 1/3 \$32/\$42	7:30-8:30 p.m. on 1/4 \$42/\$52	2301.108 BR
1/14-2/25 Sa by 1/3 \$32/\$42	1-2 p.m. on 1/4 \$42/\$52	2301.109 BR
3/13-4/24 M by 3/7 \$32/\$42	4:30-5:30 p.m. on 3/8 \$42/\$52	2302.101 BR
3/13-4/24 M by 3/7 \$32/\$42	5:30-6:30 p.m. on 3/8 \$42/\$52	2302.102 BR
3/13-4/24 M by 3/7 \$32/\$42	7:30-8:30 p.m. on 3/8 \$42/\$52	2302.103 BR
3/13-4/24 M by 3/7 \$32/\$42	7:30-8:30 p.m. on 3/8 \$42/\$52	2302.104 BR
3/15-4/26 W by 3/7 \$32/\$42	4:30-5:30 p.m. on 3/8 \$42/\$52	2302.105 BR
3/15-4/26 W by 3/7 \$32/\$42	6:30-7:30 p.m. on 3/8 \$42/\$52	2302.106 BR
3/15-4/26 W by 3/7 \$32/\$42	7:30-8:30 p.m. on 3/8 \$42/\$52	2302.107 BR
3/15-4/26 W by 3/7 \$32/\$42	7:30-8:30 p.m. on 3/8 \$42/\$52	2302.108 BR
3/18-4/29 Sa by 3/7 \$32/\$42	1-2 p.m. on 3/8 \$42/\$52	2302.109 BR

GO BEYOND BASICS

ADVANCED BEGINNING GYMNASTICS

Ages 6-17

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

1/9-2/20 M by 1/3 \$32/\$42	4:30-5:30 p.m. on 1/4 \$42/\$52	2311.101 BR
1/9-2/20 M by 1/3 \$32/\$42	6:30-7:30 p.m. on 1/4 \$42/\$52	2311.102 BR
1/11-2/22 W by 1/3 \$32/\$42	5:30-6:30 p.m. on 1/4 \$42/\$52	2311.103 BR
1/14-2/25 Sa by 1/3 \$32/\$42	1-2 p.m. on 1/4 \$42/\$52	2311.104 BR
1/14-2/25 Sa by 1/3 \$32/\$42	2-3 p.m. on 1/4 \$42/\$52	2311.105 BR
3/13-4/24 M by 3/7 \$32/\$42	4:30-5:30 p.m. on 3/8 \$42/\$52	2312.101 BR
3/13-4/24 M by 3/7 \$32/\$42	6:30-7:30 p.m. on 3/8 \$42/\$52	2312.102 BR
3/15-4/26 W by 3/7 \$32/\$42	5:30-6:30 p.m. on 3/8 \$42/\$52	2312.103 BR
3/18-4/29 Sa by 3/7 \$32/\$42	1-2 p.m. on 3/8 \$42/\$52	2312.104 BR
3/18-4/29 Sa by 3/7 \$32/\$42	2-3 p.m. on 3/8 \$42/\$52	2312.105 BR

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.

1/9-2/20 M by 1/3 \$40/\$50	6-7:30 p.m. on 1/4 \$50/\$60	2321.101 BR
1/11-2/22 W by 1/3 \$40/\$50	6-7:30 p.m. on 1/4 \$50/\$60	2321.102 BR
1/14-2/25 Sa by 1/3 \$40/\$50	2-3:30 p.m. on 1/4 \$50/\$60	2321.103 BR
3/13-4/24 M by 3/7 \$40/\$50	6-7:30 p.m. on 3/8 \$50/\$60	2322.101 BR
3/15-4/26 W by 3/7 \$40/\$50	6-7:30 p.m. on 3/8 \$50/\$60	2322.102 BR
3/18-4/29 Sa by 3/7 \$40/\$50	2-3:30 p.m. on 3/8 \$50/\$60	2322.103 BR

PRE-TEAM**Ages 6-17**

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

1/13-2/24 F by 1/3 \$50/\$60	5:30-7:30 p.m. on 1/4 \$60/\$70	2441.101 BR
1/14-2/25 Sa by 1/3 \$50/\$60	2-4 p.m. on 1/4 \$60/\$70	2441.102 BR
3/17-4/28 F by 3/7 \$50/\$60	5:30-7:30 p.m. on 3/8 \$60/\$70	2442.101 BR
3/18-4/29 Sa by 3/7 \$50/\$60	2-4 p.m. on 3/8 \$60/\$70	2442.102 BR

BOYS BEGINNING**Ages 6-17**

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

1/13-2/24 F by 1/3 \$32/\$42	4:30-5:30 p.m. on 1/4 \$42/\$52	2351.101 BR
1/13-2/24 F by 1/3 \$32/\$42	4:30-5:30 p.m. on 1/4 \$42/\$52	2351.102 BR
3/17-4/28 F by 3/7 \$32/\$42	4:30-5:30 p.m. on 3/8 \$42/\$52	2352.101 BR
3/17-4/28 F by 3/7 \$32/\$42	4:30-5:30 p.m. on 3/8 \$42/\$52	2352.102 BR

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. By instructor invitation only.

1/13-2/24 F by 1/3 \$47/\$57	5:30-7:30 p.m. on 1/4 \$57/\$67	2361.101 BR
3/17-4/28 F by 3/7 \$47/\$57	5:30-7:30 p.m. on 3/8 \$57/\$67	2362.101 BR

CARA teams offer chance to compete in gymnastics

Registration for all CARA team level programs start December 6 for residents and December 8 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 7-17

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. By instructor invitation only.

1/3-1/31 Tu/Th by 12/28 \$112/\$122	5-7 p.m. on 12/29 \$122/\$132	2401.101 BR
2/2-2/28 Tu/Th by 1/27 \$101/\$112	5-7 p.m. on 1/28 \$112/\$122	2402.101 BR
3/2-3/30 Tu/Th by 2/24 \$112/\$122	5-7 p.m. on 2/25 \$122/\$132	2403.101 BR
4/4-4/27 Tu/Th by 3/29 \$101/\$112	5-7 p.m. on 3/30 \$112/\$122	2404.101 BR

CARA GIRLS GYMNASTICS TEAM OPTIONAL LEVELS**Ages 7-17**

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

1/3-1/31 Tu/Th by 12/28 \$122/\$132	7-9:30 p.m. on 9/1 \$132/\$142	2411.101 BR
2/2-2/28 Tu/Th by 1/27 \$112/\$122	7-9:30 p.m. on 1/28 \$122/\$132	2412.101 BR
3/2-3/30 Tu/Th by 2/24 \$122/\$132	7-9:30 p.m. on 2/25 \$132/\$142	2413.101 BR
4/4-4/27 Tu/Th by 3/29 \$112/\$122	7-9:30 p.m. on 3/30 \$122/\$132	2414.101 BR

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 303-286-6814.

Competitive Team Level Coach

30-minute private lesson (1 person)	\$31/\$41
One-hour private lesson (1 person)	\$45/\$55
One-hour semi-private lesson (up to 3 people)	\$35/\$45 per person

Class Level Coach

30-minute private lesson (1 person)	\$25/\$35
One-hour private lesson (1 person)	\$39/\$49
One-hour semi-private lesson (up to 3 people)	\$29/\$39 per person

PARKS AND TRAILS

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

Monaco Park Renovation Starts in Early 2023

Monaco park is one of the oldest parks in the city and has been an important gathering place for area residents since the 1970s. With the park and its amenities now aging, the city is working on a plan to give the park its first major renovation.

Renovation features will include:

- New park shelters, rentable for residents
- New inclusive playground
- ADA accessible features including sidewalk connections inside the park and to the new parking lot
- New pedestrian level lighting
- Play amenities in the southern end of the park
- New fitness court
- Flush restroom

Construction on the project is anticipated to being in early 2023. For project information and updates online, visit c3gov.com/monaco.

Henderson Hill Overlook & Buckley Trails

The Henderson Hill Overlook and Buckley Trails are located on the Rocky Mountain Arsenal National Wildlife Refuge and are accessible via the new paved parking lot at the intersection of E. 96th Avenue and Chambers Road.

Sand Creek Regional Greenway

The Sand Creek Regional Greenway is nearly 14 miles of public greenway (4 miles of which is in Commerce City), connecting the High Line Canal trail in Aurora with the South Platte River Greenway in Commerce City.

Prairie Gateway Open Space and Trail

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

Fernald Trail

The trailhead is located at E. 70th Avenue and Colorado Boulevard. The concrete trail connects to the South Platte River Trail. It is adjacent to the Commerce City/E. 72nd Ave station for the N-Line light rail.

Second Creek Greenway Trail

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

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

Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail

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

Park 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! The Park Ranger program goals include:

- Educating parks and trail users
 - Providing environmental education and outreach
 - Encouraging resource protection
 - Promoting outreach of volunteerism
 - Increasing visitor safety through enforcement of park property ordinances, rules and regulations*
 - Creating outdoor stewards to our parks and trails
- *Do you know the Park Properties Ordinances, Rules and Regulations? You can find them at c3gov.com/parkrules.

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



City Offers 20 Parks with Many Amenities

Share your parks and trails photo on Facebook & Instagram by tagging us at #commercecityrec.		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

REGISTRATION

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

DEVELOP TEAMWORK

LEARN SPORTSMANSHIP

BUILD FRIENDSHIPS AND GET ACTIVE!

Youth Basketball

JUNIOR NUGGETS

Hoop it up with Commerce City and the Denver Nuggets in 2023! All participants will receive a Denver Nuggets jersey and a free ticket to see a Denver Nuggets game at Ball Arena

DIVISION I (COED CLINIC) KINDERGARTEN

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

Practice to start Date: Week of 1/18

Registration: 11/1-12/8 \$45/\$55 5001.101

Late fee of \$10 for registrations after deadline

DIVISION II (COED LEAGUE PLAY) GRADES 1-2

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

Practice to start Date: Week of 1/9

Registration: 11/1-12/8 \$60/\$70 5001.102

Late fee of \$10 for registrations after deadline

Additional information can be found
teamsideline.com/commercecity

DIVISION III & IV (Separate Boys and Girls Leagues)

Enhance basketball skills through practice and games in this exciting, challenging and fast-paced program. Players focus on improving the fundamentals of dribbling, passing and shooting while learning the different strategies of playing defense and running offensive plays. Teams meet twice a week in the evening for practice (day/time determined by coach). Games are played on Saturday mornings at the Bison Ridge Recreation Center.

Practice to start Date: Week of 1/9

DIVISION III – GRADES 3-4

Boys: 5001.103

Girls: 5001.104

DIVISION IV – GRADES 5-6

Boys: 5001.105

Girls: 5001.106

Registration: 11/1-12/8 \$70/\$80

Late fee of \$10 for registrations after deadline.

BASKETBALL “WARM UP” CAMPS

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

Registration: 11/1-12/15 \$40/50

Late fee of \$10 for registrations after deadline.

12/27-12/28 Bison Ridge 5401.101

Grades 3-4: 8:30 a.m. to 10:00 a.m. each day

Grades 5-6: 10:30 a.m. to noon each day

12/29-12/30 Eagle Pointe 5401.102

Grades 3-4: 8:30 a.m. to 10:00 a.m. each day

Grades 5-6: 10:30 a.m. to noon each day

Spring Sports

YOUTH VOLLEYBALL

VOLLEYBALL FUNDAMENTALS CAMP - BR

Develop the fundamentals of volleyball during this mini-camp. Camp will be for youth ages 7-10. All participants will receive a camp gift. Camp is located at the Bison Ridge Recreation Center.

Grades 2-6:

12/27-12/28 5:30-7 p.m. \$40/50 5501.105

Grades 7-8:

12/27-12/28 7 - 8:30 p.m. \$40/50 5501.106

Registration: 11/1-12/22 \$40/\$50 5501.105

Late fee of \$10 for registrations after deadline

YOUTH VOLLEYBALL – GRADES 2-4

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

Practice to start Date: Week of 3/13

Registration: 12/6-3/1 \$60/\$70 5101.101

Late fee of \$10 for registrations after deadline

YOUTH VOLLEYBALL – GRADES 5-6

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

Practice to start Date: Week of 3/13

Registration: 12/6-3/1 \$60/\$70 5101.103

Late fee of \$10 for registrations after deadline

YOUTH VOLLEYBALL – GRADES 7-8

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

Registration Deadline: 3/1	5101.102
Practice to start Date: Week of 3/13	
Registration: 12/6-3/1	\$65/\$75 5101.102
Late fee of \$10 for registrations after deadline	

Youth Soccer

SOCCER COED DIVISION I: KINDERGARTEN-GRADE 1

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

Practice to start Date: Week of 3/20	
Registration: 12/6-3/1	\$55/\$65 5201.101
Late fee of \$10 for registrations after deadline	

SOCCER COED DIVISION II: GRADES 2-3

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

Practice to start Date: Week of 3/20	
Registration: 12/6-3/1	\$60/\$70 5201.102
Late fee of \$10 for registrations after deadline	

SOCCER COED DIVISION III: GRADES 4-5

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

Registration Deadline: 3/1	5201.103
Practice to start Date: Week of 3/20	
Registration: 12/6-3/1	\$65/\$75 5201.103

Late fee of \$10 for registrations after deadline and additional league information including schedules and directions at Teamsideline.com/commercecity.

Registration Information

The parks and recreation department forms teams based on school boundaries; parents please be sure to register your child for the school he or she attends or that is in your neighborhood. Proof of address or enrollment verification may be required before start of season. We will do our best to form teams for each school and to have practices take

place at these locations. If teams are unable to be formed at your particular school, we will combine schools/teams that are in close proximity. Registrations received after teams are filled will be put on a waitlist. If enough players sign up before the registration deadline, we will do our best to form a new team from this list. After the registration deadline, waitlisted players may be added to a team if a player drops out before mid-season. Registrations and waitlisted players are on a first-come, first-serve basis. During the season, teams use local schools' fields or gyms for practice. When there are conflicting uses, recreation staff will work to arrange an alternate location; however, practices may be canceled in rare cases. City staff makes every effort to find coaches for each team. If unable to find a coach, a staff member will run the first practice with assistance from the players' parents. If a coach is not found prior to the first scheduled game, the team 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 Matt Darby at mdarby@c3gov.com.

SPORTS – YOUTH REGISTRATION

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

Our Youth Sports Philosophy

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

Refund Policy: A refund for the program may be permitted before and after a program starts, however, incurred fees such as jersey costs, prorated fees, and administrative fees will be calculated into the refunded rate.

Make a difference and coach youth sports

The Commerce City Parks, Recreation and Golf department relies on volunteers to coach youth sports. All it takes to be a successful coach in the program is a willingness and desire to help children. You can ensure each child has a great experience in organized sports by learning the skills necessary for successful coaching through the National Youth Sports Coaches Association (NYSCA). All coaches for Commerce City youth athletic programs complete NYSCA classes at the recreation center. These classes are provided free of charge for all volunteers. NYSCA teaches coaches how to ensure that each child participating in a sports program has fun, shows progress in the sport, and ultimately, wants to

come out and play again. If you are ready to be a youth sports coach or would like additional information please contact the Youth Sports Coordinator Matt Darby at 303-289-3705.

Officials, We Need You!

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

Weather Information

Visit teamsideline.com/commercecity for up to date information.

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 www.leaguelineup.com/ccyaraiders or contact the specific sport director below.

Raiders Tackle Football (Fall) - Daniel Montez - 303.406.3095 or dmontez.ccya@gmail.com

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

Girls' Softball (Spring) - Daniel Montez 303-406-3095 dmontez.ccya@gmail.com

ADAMS CITY WRESTLING CLUB

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

BRIGHTON YOUTH BASEBALL ASSOCIATION (BYBA) SPRING AND FALL PROGRAMS

Competitive Baseball (Ages 7-14)

Four different levels of competitive baseball: Major, AAA, AA, & A. Games are played in Brighton, Commerce City, and the greater metro-Denver area. Tournament Teams: BYBA offers tournament-only team options for the highest level of competitive play in metro area. For more information visit: <https://www.brightonyouthbaseball.com/> or contact Cory Moul at 720-263-1075

ROCKY MOUNTAIN THUNDERHAWKS FOOTBALL ASSOCIATION (FALL)

Youth in grades 1-8 can play youth competitive tackle football. All coaches are USA Football Heads Up Certified. Teams practice three times per week in the Commerce City area. Games are played throughout the greater Denver metro area. Conditioning and fundamental camps are provided throughout the summer for all youth; even those in other leagues. President: Courtney Vance: 720 616-9757 or visit www.thunderhawksfootball.com

BISON LACROSSE CLUB (SPRING/SUMMER/FALL)

Bison lacrosse Club offers youth lacrosse for all levels of experience in the 1st-12th grades. 1st-8th graders participate in the Colorado Youth Lacrosse Association (CYLA). Teams practice twice per week and games are played on the weekends throughout the Denver metro area. 9th-12th grades compete in a high school-specific league. Teams practice twice per week and games are played in the DTC area. All coaches follow Positive Coaching Alliance principles. Email for scholarship, and loaner gear is availability.

Spring Grades 1-8

Registration: January	Season: March-June
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Summer Grades 9-12

Registration: April	Season: June-July
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Fall Grades 1-12

Registration: June-July	Season: September-October.
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For more information on our program offerings please visit www.bisonlaxclub.com. Contact us by email at info@bisonlaxclub.com or by phone at 303-668-0542

ADULT SPORTS LEAGUES

Get your team together and send a representative to the appropriate organizational league meeting. New teams must pay league fees prior to the league meeting at the Commerce City Recreation Center. Call 303-289-3706 for more information. Ages 16 and older.

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

INDIVIDUAL PLAYERS LIST

Interested in playing a sport but don't have a team? Sign up on the individual player list; each registered team needing players is given a list of extra players to add to its roster. Call 303-289-3706 to be added to the individual signup. There is no guarantee you will be placed on a team.

Drop-in Pickleball at Bison Ridge

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

Drop-in Volleyball**Bison Ridge – Gym #3**

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

Eagle Pointe – Gym #3

Fridays	7-9:30 p.m.
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WINTER MEN'S BASKETBALL LEAGUE AT BISON RIDGE**Men's Adult Basketball League**

Wednesday nights: 6 - 9:30 p.m.
Deadline to Register: December 28
League Meeting: December 14 • 7 p.m. • Bison Ridge
First six teams to register have a spot in the league.
League Begins: January 4
10-game season. Prices \$575/\$600

Call 303 289-3706 for more information.

CO-ED WINTER VOLLEYBALL LEAGUE AT BISON RIDGE**Co-ed Adult Volleyball League**

Monday nights: 6 - 9:30 p.m.
Deadline to Register: January 28
League Meeting: December 14 • 6 p.m. • Bison Ridge
First six teams to register have a spot in the league.
League Begins: January 9
10-game season. Prices \$275/\$300

Call 303 289-3706 for more information.

CO-ED SUMMER SOFTBALL LEAGUE

Get a team of five men and five women together for adult co-ed softball league beginning in May.

Required League Meeting: April 19 • 6 p.m. • Eagle Pointe
Games will be played at Pioneer Park.
Wednesday Coed League Begins: May 3
10-game season. Prices are \$575/\$600

Call 303-289-3706 for information.

MEN'S SUMMER SOFTBALL LEAGUE

Join the fun of adult men's evening softball beginning in April.

Required League Meeting: April 19 • 6 p.m. • Eagle Pointe
Games will be played at Pioneer Park.
Tuesday E-Rec League Begins: May 2
Thursday Industrial League Begins: May 4
\$575/\$600 (10 Games)

Call 303-289-3706 for information.

**Batting cages**

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

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

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

Fee: \$1.50 for 15 pitches

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

Spring hours, 4/1-5-26

M–F, 4-8 p.m.

Sa-Su, noon-5 p.m.

Summer hours, 5/27-8/4

M–F, 3-8:30 p.m.

Sa-Su, noon-8 p.m.

Fall hours, 8/5-10/8

M–F, 4-8 p.m.

Sa-Su, 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.

YOUTH SERVICES PROGRAMS

KIDZ ONLY

Ages 6-11

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

6-8:30 p.m.	\$10/\$12	BR
1/6 F	New Year New You	7251.101
1/20 F	Do You Want to Build a Snowman	7251.102
2/17 F	Mardi Gras	7252.101
3/3 F	Lucky Charm	7253.101
3/17 F	Spring Fling	7253.102
4/7 F	April Showers Bring May Flowers	7254.101
4/21 F	Invest in our Planet	7254.102
5/5 F	Carnival Craze	7255.101
5/19 F	Splish Splash	7255.102

KIDZ ONLY PLUS

Ages 3 - 11

Join us for a pajama party after our regular Kidz Only session! We'll be watching a kid-friendly movie with popcorn and pizza provided. Please feel free to bring a blanket and pillow to better enjoy the movie. Adults 21+ can check out Climbing Crew.

1/20 F	4:30-9 p.m.*	\$5/\$9	7252.102 BR
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*Drop off for Kidz Only Plus is between 4:30-6 p.m.

MIDDLE SCHOOL MADNESS

Grades 6-8

Party with your friends and make new ones with games, music, fun and prizes! No registration required.

Proof of valid school ID or equivalent required upon entry. No entry after 8 p.m. \$2/person, cash only.

Bison Ridge Recreation Center

1/7 Sa	New Year, New You	7:15-10 p.m.	BR
3/4 Sa	Lucky Charm Sock Hop	7:15-10 p.m.	BR
5/6 Sa	Bring on Summer	7:15-10 p.m.	BR

Eagle Pointe Recreation Center

2/11 Sa	Challenge Night	7:15-10 p.m.	EP
4/1 Sa	Beach Luau	7:15-10 p.m.	EP

BOXING

Ages 11-17

Join us for boxing where teens can learn self-confidence and self-discipline with professional instructors. Transportation to and from the gym is provided from Eagle Pointe Recreation Center and Bison Ridge Recreation Center

Th	Eagle Pointe drop off 5 - 8:30 p.m.	Bison Ridge drop off 5:30-8 p.m.
1/5-1/26	\$10 7901.102	7901.103
2/2-2/23	\$10 7902.102	7902.103
3/2-3/30	\$10 7903.102	7903.103
4/6-4/27	\$10 7904.102	7904.103
5/4-5/18*	\$10 7905.102	7905.103

*Price prorated.



FEMALE SELF DEFENSE

Ages 11-17

Professionals from DCO MMA & Fitness instruct the class on basics of self-defense, situational awareness, and specific skill building. Transportation to and from the gym is provided from both Eagle Pointe and Bison Ridge recreation centers.

Tu 6-7 p.m.	\$10/\$15	
	Eagle Pointe drop off 4:30p.m. van pick up	Bison Ridge drop off 4:45p.m. van pick up
1/10-1/31	7901.304	7901.305
2/7-2/28	7902.304	7902.305
3/7-3/28	7903.304	7903.305
4/4-4/25	7904.304	7904.305
5/2-5/16	7905.304	7905.305

BOOK BINGO

Grades 6-8

Grab a free book, read at your own pace, and join us for a group discussion at the end of the month! Attend all five discussions and you'll be eligible for a Barnes and Nobles gift card.

5-6 p.m. FREE

1/30 M	Mystery of Black Hollow Lane by Julia Nobel	7261.101 BR
2/28 Tu	The Girl Who Drank the Moon by Kelly Barnhill	7262.101 EP
3/29 W	Holes by Louis Sachar	7263.101 BR
4/24 M	Mrs. Frisby and the Rats of NIMH by Robert C. O'Brien	7264.101 EP
5/26 F	New Kid by Jerry Craft	7265.101 BR

COOKING WITH A COP

Ages 11-16

Learn about what foods fuel your body and help you perform at your best by making healthy snacks with your local police officers.

3/11 Sa	\$5/\$7 9-10:30 a.m.	7232.101 EP
4/15 Sa	\$5/\$7 9-10:30 a.m.	7233.101 EP

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 centers. Please check our website in January for Winter/Spring Sports Jam dates.

RECESS GAMES

Ages 6-10

Dodgeball, kickball, Gaga Ball, and more! We'll be playing games in the gym all night. Come prepared to get your sweat on.

1/26 Th	6:30-8:30 p.m.	\$12/\$15	7282.101 BR
3/23 Th	6:30-8:30 p.m.	\$12/\$15	7284.101 EP

NERF WARS

Ages 6-10

We're going into nerf war territory and we need your help. Join us for an evening of ducking, dodging, aiming and playing different variations of nerf games. All materials provided.

2/16 Th	6:30-8:30 p.m.	\$12/\$15	7283.101 BR
4/20 Th	6:30-8:30 p.m.	\$12/\$15	7285.101 EP

CLAY CREATIONS

Ages 9-13

Learn the basics of working with modeling clay using different tools and techniques. Build your own creations and meet new friends.

4/5-4/26 W	5:30 – 7:30 p.m.	\$5/\$10	7324.101 EP
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AMERICAN SIGN LANGUAGE

Ages 13-17

Come and learn conversational ASL as well as basic signs such as colors, counting, finger-spelling, and more.

1/31-2/23 T, Th	5:30-6:30 p.m.	\$20/\$25	7282.103 BR
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TEEN TRY 'N ESCAPE

Ages 13-17

Bring your friends for a night of solving puzzles and unlocking secrets! A little brainpower and a lot of teamwork is required.

Sa	6:30-8:30 p.m.	\$10/\$15 BR	
2/11	Cupid's Challenge: Valentine's Escape	7261.141	
3/18	Galactic Getaway: Star Wars Escape	7262.141	
4/22	Mystic Magic: Harry Potter Escape	7263.141	

BIKE EXCHANGE

Ages 3-16

Have a bike you're willing to part with? Is your bike too small and need a new one? Join us for our first ever Bike Exchange! After you get your bike, stick around for interactive booths, bike rodeo (ages 3-10), and bike ride (ages 9+).

We are accepting bike donations, new and old, to be distributed to kids in need of a bike. For bike donations, please contact Ali Hall at ahall@c3gov.com or Leslie Yang at lyang@c3gov.com

Bike donations accepted March 9-16 at the Eagle Pointe Recreation Center.

3/18 Sa	9 a.m. - noon	FREE	7712.101 EP
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SOCIAL HUB: BISON RIDGE

Ages 11-17

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

Mon	5:30-8:30 p.m.	FREE	
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DROP IN: EAGLE POINTE

Ages 11-17

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

T-Th	5:30-8:30 p.m.	FREE	
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Youth Commission

The youth commission is an advisory body to City Council on issues affecting youth in Commerce City. Commissioners serve for two years, which is one term. During their term, commissioners will attend conferences and trainings, implement projects that benefit the community, provide feedback to recreation programs for youth and teens, and create lifelong bonds with youth across the city. The youth commission meets twice monthly at 6:30 p.m. during the school year and members are responsible for their own transportation.

Want to get involved? Now accepting applications for 2022/2023 school year! Apply online today at c3gov.com/youth. Please call 303-289-3659 with any questions.

STEAM Programs

CODE CLUB

Ages 9-14

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

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

1/10	7311.101
2/7	7312.101
3/7	7313.101
4/4	7314.101
5/2	7315.101

OH SNAP PHOTOGRAPHY!

Ages 11 – 15

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

3/20-3/22	9 a.m. – noon	\$55/\$65	7361.101 BR
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D&D ADVENTURE CLUB

Ages 8-12

Let your imagination run wild and lose yourself in a fantasy world with the classic tabletop role-playing game Dungeons and Dragons! Each session includes a brief intro to D&D, pre-made character sheet, and one-shot adventure. No previous D&D experience required.

M	2-4 p.m.	\$3/\$5	BR
1/30	The Trouble with Wild	7291.101	
2/27	The Shadow Delve	7292.101	
3/27	Blackfang's Revenge	7293.101	
4/24	The Moldy Library	7924.101	
5/15	The Goblin Market	7925.101	
Th	6-8 p.m.	\$3/\$5	BR
1/19	The Trouble with Goblins	7291.102	
2/16	The Tumble Sprite Rally	7292.102	
3/16	The Gloomy Grotto	7293.102	

4/20	The Vermin Queen	7294.102
5/18	The Trouble with Small	7295.102

D&D ADVENTURERS LEAGUE: ICE ROAD TRACKERS

Ages 13-17

A trek toward Icewind Dale turns deadly when an avalanche blocks the heroes' passage through the Spine of the World. Rescued by a menagerie of strange creatures, the heroes are asked to return the favor in exchange for answers about what's happening in the cold and frozen North. This level one campaign is designed for players who are new to D&D.

1/11-3/15 W	6:30-8:30 p.m.	\$18/\$25	7291.111 BR
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D&D ADVENTURERS LEAGUE: SHADOWS OVER THE MOONSEA

Ages 13-17

Life on the Moonsea isn't easy. Bandits, pirates, and cruel lords dominate the land, threatening those who make an honest living there. Now, a new scourge is prowling the waters: a ghost ship has been striking small coastal villages, leaving its victims whispering about the "eye of the dracolich." Join the adventure and learn the truth behind this threat! This level two campaign is designed for players with some previous D&D experience.

3/22-5/24 W	6:30-8:30 p.m.	\$18/\$25	7292.111 BR
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SUMMER ENRICHMENT PREVIEW DAYS

Ages 6-10

Get a sneak peek at some of our most popular summer enrichment programs with these one-day classes.

3/20 M	10 a.m.-noon	Gallery on the Go!	\$20/\$25	7762.101 BR
3/21 Tu	10 a.m.-noon	Mad Science	\$20/\$25	7762.102 BR
3/22 W	10 a.m.-noon	Chess Wizards	\$20/\$25	7762.103 BR
3/23 Th	10 a.m.-noon	Play-Well	\$20/\$25	7762.104 BR

OUTDOOR RECREATION

Adventure Explorers Adventure is calling!

SNOW SERIES

Ages 13-17

Whisk away to the mountains for fun in the snow! The group will stay at YMCA Snow Mountain Ranch for three days, two nights.

1/14-1/16 Sa-M	\$150/\$200	7421.101 EP
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Drop off 1/14 - 8 a.m. at Eagle Pointe

Pick up 1/16 - 3 p.m. at Eagle Pointe

FLY HIGH SERIES

Ages 11-17

Fly high on a zip line on two of Colorado's best courses!

3/22-3/23 W-Th	8 a.m.-3 p.m.	\$80/\$90	7451.101 BR
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ROCKS & ROPES SERIES

Ages 11-17

Rock climb, belay, and rappel with our Rocks & Ropes Series!

4/15-4/16 Sa/Su	8 a.m.-3 p.m.	\$60/\$70	7452.101 BR
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RIDE & GUIDE SERIES

Ages 13-17

Bike through the mountains one day and experience the thrill of rapids with a guided White Water Rafting trip the other!

5/30-5/31 Tu-W	8 a.m.-3 p.m.	\$100/\$120	7453.101 BR
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ADVENTURE TOWER & NINJA WARRIOR

Ages 9-17

Gear up and get ready to scale the wall or test your nerve with leaps of faith and free falls. Challenge yourself to a test of speed, endurance, and agility just like you've seen on TV on the ninja course.

3/5 Su	8:30 a.m.-4:30 p.m.	\$35/\$45	7463.101 BR
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SKI & RIDE

Ages 8-13

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

1/28-1/29 Sa, Su	7 a.m.-4 p.m.	\$160/\$180	7461.101 BR
Skiing			

2/4-2/5 Sa, Su	7 a.m.-4 p.m.	\$160/\$180	7462.101 BR
Snowboarding			

SURVIVALIST SEEKERS

Ages 8-14

1/9 M	1-4 p.m.	Tracks & Scat	7481.101
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2/13	1-4 p.m.	Orienteering	7482.101
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3/6	1-4 p.m.	Overnight safety in snow	7483.101
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4/10	1-4 p.m.	Sand Creek Ecosystems	7484.101
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ARCHERY

Ages 8-13

Learn safety, form, shot sequence and focus. Bows are available to all participants. Pickup and drop off at Eagle Pointe.

1/9 M & 1/11 W	4:30-6:30 p.m.	\$25/\$30	7431.101 EP
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2/6 M & 2/8 W	4:30-6:30 p.m.	\$25/\$30	7432.101 EP
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3/6 M & 3/8 W	4:30-6:30 p.m.	\$25/\$30	7433.101 EP
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4/3 M & 4/5 W	4:30-6:30 p.m.	\$25/\$30	7434.101 EP
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100 THINGS TO DO BEFORE YOU'RE 12

Ages 6-11

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

January

Pick up your ice-skating kit for fun with the family! No in-person class. Pick up kit at Bison Ridge Recreation Center between Jan. 9-13.

\$20/\$25 7471.101 BR

Visit High Prairie Park and their amazing natural playground!

1/23 M 10 a.m.-2 p.m. \$5/\$10 7471.102 BR

February

Let's have some fun indoors with tin can walkie-talkies, fairy gardens and swimming!

2/20 M 10 a.m.-2 p.m. \$10/\$15 7472.101 BR

March

Field trip to St. Mary's Glacier for some glacier exploration.

3/13 M 10 a.m.-2 p.m. \$10/\$15 7473.101 BR

April

Cook food over a campfire, tell ghost stories, and play freeze tag in the moonlight at Barr Lake. Meet at Bison Ridge.

4/21 F 5-9 p.m. \$10/\$15 7474.101 BR

May

Pick up your rainy-day kit for fun with the family! No in-person class. Pick up kit at Bison Ridge Recreation Center between May 1-5.

\$10/\$15 7475.101 BR

INTRO TO THE OUTDOORS (GUIDED IN SPANISH)

Ages 5-10

Understand the connection between our feelings and knowledge about nature while learning about local species of plants and animals found in our parks. Class guided by a park ranger in Spanish.

1/31 Tu 4:30-6pm \$5/\$7 7413.101 EP

WILDLIFE DETECTIVES

Ages 6-10

Bring out your curiosity and investigate how animals in nature move, eat, survive, and more.

Classes will cover the same content.

2/27 M 12:30-3:30 p.m. \$5/\$7 7495.101 BR

3/4Sa 10 a.m.-12:30 p.m. \$5/\$7 7414.101 EP

NATURE PHOTOGRAPHY

Ages 13-17

Learn the fundamentals and techniques of the camera. Put those skills to use at the Wetlands Loop.

Participants must attend 2/15 and then choose between 2/22 OR 2/25.

\$5/\$7 7496.101 EP

2/15 W 5-6 p.m.

2/22 W 5-6:30 p.m.

OR

2/25 Sa 9:30-11 a.m.

URBAN FARM

Ages 8-13

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

3/27-3/28 M-Tu 9 a.m. - 2 p.m. \$25/\$30 7401.101EP

JUNIOR RANGER PROGRAM

Ages: 6-12

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

4/1 Sa 1-4 p.m. \$10/\$15 7412.101 EP

HORSE TREK

Ages 8-13

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

5/13 Sa 9 a.m.-2 p.m. \$30/\$40 7402.101 EP

KIDS TO PARKS DAY

Ages 3-12

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.

5/20 Sa 2-4 p.m. FREE 7711.101 Pioneer Park

HIKING PROGRAM**Free**

We offer a variety of hikes for a variety of ages, skill and experience. For all hikes, we will meet at the trailhead. No transportation provided.

Date	Location	Time	Ages	Classification	Mileage	Register
1/24 Tu	Barr Lake: Prairie Welcome Trail	1-3 p.m.	All Ages	Easy	1.5 miles	4651.118
2/4* Sa	Aspen Cellars: Snowshoe & Wine	TBD	21+	Moderate		TradingForTrails.org
2/28 Tu	Coal Creek Trail: Aquarius Trailhead	1-3 p.m.	All Ages	Easy	4.4 miles	4651.119
3/12 Su	Red Rocks: Trading Post Trail	TBD	Kid/family friendly	Easy-Moderate		TradingForTrails.org
3/28 Tu	Mount Galbraith Park	1-3 p.m.	18+	Moderate-Hard	4.2 miles	4651.120
4/22 Sa	Roxborough State Park	TBD	Kid/family friendly	Easy		TradingForTrails.org
4/25 Tu	Mount Falcon: West Trailhead	1-3 p.m.	18+	Easy-Moderate	3.2 miles	4651.121
5/12 F	Chief Mountain Trail	TBD	18+	Moderate-Hard		TradingForTrails.org
5/23 Tu	South Valley Park: South Trailhead	1-3 p.m.	All Ages	Easy	3.5 miles	4651.122

* Participants responsible for snowshoe & wine cost

Summer Outdoor Recreation

Outdoor Recreation offers a variety of outdoor activities from hiking programs to adventure programs.

Resident Registration Opens: 2/15 Tu

Non-Resident Registration Opens: 2/16 W

Please visit c3gov.com/recreation for more information.

Program Type	Program Name	Date	Ages	Cost
Hiking Programs	Mountain Warriors Jr.	6/1-6/2	10-14	MW JR- \$25/\$35
	Ultimate Warriors Jr.*	6/8-6/9	10-14	UW JR- \$50/\$60
	Mountain Warriors	6/22-6/23	14-18	MW- \$25/\$35
	Ultimate Warriors*	7/11-7/13	14-18	UW- \$75/\$100
Nature Series	Horse Trek	6/27-6/28	11-17	Horse Trek- \$75/\$85
	Outdoor Escape Room	7/5	13-17	Outdoor Escape- \$25/\$30
	Lost in the Woods	7/19	13-17	Lost in the Woods- \$25/\$30
	Naturalist	7/27-7/28	11-17	Naturalist- \$30/\$40
Adventure Series	Lows & Highs	6/6-6/7	13-17	Lows & Highs- \$75/\$95
	Paddle Sports	6/20-6/21	11-17	Paddle Sports- \$75/\$95
	Fly High	7/25-7/26	13-17	Fly High- \$75/\$95
Extended Stay	Mountain Adventure Crew	6/12-6/15	13-17	Mountain Adventure Crew- \$150/\$200

*Requires pre-requisite



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 in January for more information on our Summer 2023 schedule.

Resident Registration Opens: 2/15 W • 10 a.m.

Non-Resident Registration Opens: 2/16 Th • 10 a.m.

CAREER CAMPS

6/5-6/7	Female First Responder	Ages 14-18
\$30/\$35		7672.201
6/8	Female First Responder Optional CPR Certification	Ages 14-18
\$10/\$15		7672.202
6/27-6/29	Mini Police Camp	Ages 9-11
\$30/\$40		7673.201
7/17-7/20	Police Camp	Ages 11-15
\$140/\$165		7674.201



SUMMER CAMPS

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

CAMP OPEN HOUSE

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

ENROLLMENT PACKETS

All children attending camp are required to complete an enrollment packet prior to registration. Enrollment packets can be downloaded at c3gov.com/camp beginning Jan. 27, 2023, or picked up at one of our camp open houses.

CAMP REGISTRATION

Registration must be done in person at either Eagle Pointe or Bison Ridge recreation centers. Parents must submit a completed enrollment packet for each camper at the time of registration. Space is limited and spots fill quickly. Early registration is encouraged.

IMPORTANT DATES

Camp Open House

1/28 Sa 9 a.m. - noon EP

Resident Registration

2/15 5 p.m. EP or BR

Non-Resident Registration

2/16 Th 5 p.m. EP or BR

Pre-Camp Information Meeting for All Registered Families

5/2 Tu 6 p.m. EP

YOUTH CAMP VENTURE

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

5/31-8/4* M-F \$140/\$165 per week 7 a.m.-6 p.m.

Week	Theme	Field Trip**
5/30 - 6/2	Challenge Week	Urban Air
6/5 - 6/9	Taste the Rainbow	Denver City Park Picnic
6/12 - 6/16	Let's Get Wild	Denver Zoo
6/19 - 6/23	To the Extreme	DEFY
6/26 - 6/30	Tropical Paradise	Pirates Cove
7/3 - 7/7	Adventureland	Denver Children's Museum
7/10 - 7/14	Let's Make a Deal	Loveland Laser tag
7/17 - 7/21	Space and Science	Denver Museum of Nature and Science
7/24 - 7/28	Mystery Week	Lava island
7/31 - 8/4	Best of the Best	Aurora Reservoir

*No camp Monday, May 29 or Monday, July 3rd & Tuesday, July 4. Price is prorated for those weeks.

**Trips subject to change

YOUTH CAMP VENTURE PREVIEW DAYS

Still debating if you want to register your child(ren) for summer camp? Get a sneak peak this week! We'll be going on field trips, making arts and crafts, and of course, enjoying time in the pool.

Ages 6-10 \$28/\$33 7 a.m.-6 p.m.

3/27 M	DEFY	7604.101
3/28 T	Urban Air	7604.102
3/29 W	Lava Land	7604.103
3/30 Th	Children's Museum	7604.104
3/31 F	Bowlero Bowling	7604.105

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.

5/31-8/3* M-Th \$140/\$165 per week 7 a.m.-6 p.m.

Adventure Trek

Week Main Field Trip

5/30 - 6/1	Cave of the winds
6/5 - 6/8	Horseback riding
6/12 - 6/15	Cheyenne Mountain Zoo
6/19 - 6/22	The EDGE
6/26 - 6/29	Whitewater Rafting
7/3 - 7/6	Waterworld
7/10 - 7/13	Treehouse Adventure Park
7/17 - 7/20	Paddle Boarding
7/24 - 7/27	Elitch Gardens
7/31 - 8/3	Aurora Reservoir

*No camp 5/29, 7/3, and 7/4. Price is pro-rated 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: 1/27 F • 10 a.m. • EP and BR**

Application Deadline: 3/17 F • 5 p.m. • EP and BR

Interviews April 3-14 EP and BR

Mandatory Training

5/30 - 6/2 Tu-Th 9 a.m.-4 p.m. FREE EP

LIT Block A

6/5-6/30 M-Th 9 a.m.-4 p.m. \$50/\$75/week EP

LIT Block B

M-Th 7/10-8/4 9 a.m.-4 p.m. \$50/\$75/week EP

*No camp 5/29, 7/3, and 7/4. Price is pro-rated for those weeks.

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

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.



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!



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