



COMMERCE CITY
PARKS, RECREATION AND GOLF GUIDE

SUMMER 2020

Registration opens June 23

c3gov.com/recreation



**CHECK OUT OUR
NEW DIGITAL
GUIDE FOR
SUMMER 2020!**

Details on program
offerings inside.

Details on page 5

Find us on:

 facebook.com/commercecityparksrecgolf

 instagram.com/commercecityparksrecgolf

COVID-19 UPDATES

Information subject to change. Visit c3gov.com/recreation for the latest updates.

Registration Process

- Reservations are available in 90-minute time slots
- Each time slot is restricted to 20 people
- Registration opens June 11 for reservations. Reservations are available one week ahead of time slot starting at 8 a.m. Registration will close at 8 p.m. the day prior to the time slot.
- NO drop-in or walk-in registrations allowed, please do not enter the facility without a reserved time block
- In order to register for a timeslot you will first need to create an online account https://apm.activecommunities.com/c3gov/Create_Account
- Reservations are limited to one 90-minute time block per day between the two facilities

Memberships

- All active memberships have been extended for time missed since our closure to the public on March 12.
- If you have a payment plan, monthly payments will resume in July.
- If you have any questions or concerns regarding your membership at the time of entry, please allow those around you to enter the facility first before discussing the matter with a staff member
- With reduced access in the facilities we encourage you to call the front desk or registration desk with all other needs or questions.

Check-In Process

- Please arrive no more than 5-minutes prior to your reservation for facility use.

Guests are asked to either wait outside of the facility in a line remaining 6-feet away OR in your vehicle until a staff member permits entry.

- Upon entry into the facility, please adhere to signage and check-in at the front desk with a staff member. Staff will verify that you have signed up online for the given time slot.
- If you have a member ID please have it ready to scan upon check-in at the front desk.
- Facility entry fees and membership fees can be found at recreation.c3gov.com/hours-fees.
- Contactless payment methods are preferred at this time
- Refunds will not be granted for admission into the facility for any reason at this time
- Please be ready to exit the facility when your reservation time is over.
- There will be no overlap allowed between reservation groups.

Health & Safety Measures

- Masks are strongly encouraged while in the facility.
- Between reservation time slots, each facility is closed for 60-minutes to clean and disinfect between groups.
- Staff follows up-to-date guidance by the CDC on hygiene

and protective measures to ensure the safety of the public and employees

- Fitness Floor equipment has been spread out, rearranged, and/or limited in order to assist in social distancing efforts.
- Reminders, guidelines, and announcements regarding new health and safety precautions, expectations, and requirements will be visible throughout the facility
- Disinfecting wipes, disinfecting chemicals, and hand sanitizers will be available for use throughout the facility
- Where additional social distancing measures are needed (i.e. entryway and fitness floor) floor markers will be present to assist in 6-foot distancing.
- Only staff feeling healthy will be permitted to work and ALL Bison Ridge Recreation Center and Eagle Pointe Recreation Center staff will be required to check-in and have their temperature checked prior to the start of each shift.
- Please do not visit the facility if you are sick
- All vulnerable individuals should consider staying at home as much as possible.

Additional Facility Requirements

- Patrons using the facility without adult supervision must be at least 14 years of age. Patrons under the age of 14 years of age must be accompanied by a parent or guardian at all times. Parents or guardians must also have a timeslot reserved. No one under the age of 12 will be permitted at this time.
- We ask that you please come ready to workout and leave bags at home as certain amenities (including locker rooms and drinking fountains) have been closed.

All other facility policies prior to closure also remain in effect.

Failure to follow rules or staff instructions will result in loss of facility use privileges.

Additional Facility Requirements (Bison Ridge Pool)

- 3 lap lane slots (one person per available lane) and 5 water walkers (for the river and activity area)
- Please shower before you arrive. The deck shower will be available for rinsing off
- Locker rooms are closed. A chair/bench will be available for each guest for personal items

Closed Recreation Center Amenities

- Locker rooms and lockers
- Showers
- Child watch
- Gymnasium
- Elevated Track
- Group Exercise Rooms
- Lobby and soft seating spaces
- Technology Lab
- Game Room (Eagle Pointe)
- Racquetball Courts (Eagle Pointe)
- Active Adult Center (Eagle Pointe)
- Steam Room (Eagle Pointe)
- Pool (Eagle Pointe)
- All drinking fountains, bottle fillers, and vending machines
- Equipment checkout at the front desk

**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-Thur 7 a.m.-9 p.m.
Fri 7 a.m.-6:30 p.m.
Sat 7 a.m.-4 p.m.
Sun Closed

**ACTIVE ADULT CENTER
AT EAGLE POINTE**
Currently Closed
Adult information 303-289-3720

**BISON RIDGE AND
EAGLE POINTE CLOSURES**
July 4: Independence Day, EP & BR closed all day
Sept. 7: Labor Day, EP & BR close at 1:00 p.m.

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

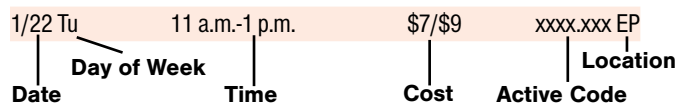
DEPARTMENT STAFF
Carolyn J. Keith
CPRP, Director
Chad Redin
Recreation Manager
Paul Hebinck
PGA, Golf Manager

Registration	2-4
Facilities	5
Active Adult	6-8
Aquatics	9
Dance	10
Fitness	11-12
Golf	13
Gymnastics	14
Parks/Trails	15-16
Sports	17-18
Youth/Teen	19-21

How To Read This Guide

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

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



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

POLICIES

Code of Conduct

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

Non-Discrimination Policy

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

Personal Training Policy

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

People with Disabilities

Commerce City Parks, Recreation and Golf is committed to providing recreation programs and opportunities to all residents of our community, including residents with special needs. If you or a family member has a disability or special need and are interested in participating in or attending Commerce City Parks, Recreation and Golf services, programs, or activities, the city will make reasonable accommodations such as changing rules, policies, and practices; removing barriers to participation; or providing auxiliary aides or services in order to assure you are given an opportunity to participate. To assist Commerce City Parks, Recreation and Golf in making these accommodations, we urge a timely call prior to your involvement to discuss the necessary accommodations with our staff. Kindly understand that depending on the accommodation requested, significant advance notice may be required. Failure to timely provide notice of accommodation may result in temporary delay of participation and/or registration in our programs or activities.

Personal Release Statement

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

Photo Policy

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

Refund Policy for Classes

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

Area Employee Discount

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

Scholarship Programs

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

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.

2020 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	\$3.50

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

Child watch at both recreation centers is closed until further notice.

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.

Active Military Membership Benefits

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

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

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

Disabled veteran membership benefits

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

- Proof of military service and discharge (military identification or DD214).
- A letter from Veteran Affairs, dated no more than 60 days prior to application or renewal, indicating that the individual's combined service-related disability rating is at least 50% (THIS LETTER WILL BE RETURNED TO THE APPLICANT AND NOT RETAINED BY THE CITY).
- Proof of residency in Commerce City:
- Utility bill (gas/electric, telephone or water) with city address OR
- Voter registration with city address OR
- Car registration or insurance with city address



Two easy ways to register!



Phone

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



Online Registration with Active

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

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

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 Location

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

PARKS AND RECREATION AMENITIES NOW OPEN

PIONEER PARK SKATE PARK

- Skate Park is OPEN – max of 10 people at a time
- Stay at least 6 feet away from members of other households
- Skate Park structure is not sanitized

PLAYGROUNDS/PICNIC SHELTERS

- Playground and Picnic Shelters are OPEN for drop in – max of 10 people at a time
- Stay at least 6 feet away from members of other households
- Structures are not sanitized
- Beginning June 23 you may reserve Picnic Shelters; availability beginning July 16

SPORTS FIELDS/COURTS

- Sports Fields/Courts are OPEN for drop in– max of 25 people at a time
- Stay at least 6 feet away from members of other households
- Sports structures are not sanitized
- Beginning June 23 recognized sports providers may reserve Sports Fields; availability beginning July 16

FIRST CREEK DOG PARK

- The dog park is OPEN – max of 10 people at a time
- Stay at least 6 feet away from members of other households
- Structures are not sanitized

RECREATION CENTERS NOW OPEN

- All memberships have been extended to cover the time we were closed
- Reservations are available to book your work out
- You will need to create your online account to register for time slots
- Please visit https://apm.activecommunities.com/c3gov/Create_Account to create your online account
- We will do our best to approve accounts within 24 business hours, however depending on the volume of account requests, approvals may take up to 48 business hours.
- Visit c3gov.com/recreation for full details on advance registration, requirements, and safety measures. Thank you for your patience, understanding and support as we work through this process.

Bison Grill at Buffalo Run Golf Course 303-289-7700

The Bison Grill is open 7 days a week for lunch and dinner (limited menu available). Come enjoy a delicious meal with family and friends on the patio overlooking the 18th hole. Visit BuffaloRunGolfCourse.com for more information.



ACTIVE ADULTS

Unless listed otherwise, all available events and classes are available to ages 18+

SUMMER STROLLS

Summer sunshine calls for some summer strolls around Commerce City! Join friends for some light exercise and a bunch of summer fun. Please bring your own water and be ready to walk unassisted



for 30-45 minutes. We will be stopping for occasional water breaks. Social distancing guidelines will be practiced. Registration for walks will be required and is based on a first come first serve basis. Once you get registered, staff will be in contact about exact meet up spots at each location.

7/9 Th	Rocky Mountain Arsenal	8-9 a.m.	FREE	4601.209
7/23 Th	Fairfax Park	8-9 a.m.	FREE	4601.210
8/6 Th	Dicks Sporting Goods Park	8-9 a.m.	FREE	4601.211
8/20 Th	Sand Creek Trail	8-9 a.m.	FREE	4601.212

LIFE ISN'T EASY

Life Isn't Easy, especially in these unique times... Join other Commerce City Active Adults and share your life experiences, good and bad, in this member-led support group. The group will meet once every month to discuss topics such as the joys and pains of daily living, aging, financial hardship, medical diagnoses, care-giving, and new topics like social isolation, being impacted by the coronavirus, and how to support peers in this uncertain time. This group is now requiring registration so that the space can be organized prior to that days meeting and social distancing guidelines will be in effect. Please bring your own coffee or drink.

7/20 M	10 a.m.-11:30 a.m.	FREE	4701.201
8/3 M	10 a.m.-11:30 a.m.	FREE	4701.202
8/17 M	10 a.m.-11:30 a.m.	FREE	4701.203

TUESDAY MOVIE MATINEES

Come keep cool indoors and enjoy time with friends while viewing some of Hollywood's newest productions! Join us at Eagle Pointe every Tuesday as we social distance and screen a weekly movie! See "On the Move" newsletter or call 303-289-3720 for that day's movie. Seating is limited and registration is required. Please bring your own drink. Any snacks distributed would adhere to current safety recommendations.

7/7 Tu	1-3 p.m.	\$3/\$5	4601.201
7/21 Tu	1-3 p.m.	\$3/\$5	4601.202
8/4 Tu	1-3 p.m.	\$3/\$5	4601.203
8/11 Tu	1-3 p.m.	\$3/\$5	4601.204
8/18 Tu	1-3 p.m.	\$3/\$5	4601.205
8/25 Tu	1-3 p.m.	\$3/\$5	4601.206

BINGO

B-I-N-G-O! Come try your luck at this game of chance and see if your numbers are called! Join friends and Active Adult Staff as we play BINGO in a safe and controlled environment. Fantastic and fun prizes will be offered! Registration is required to attend and we will have a limited number of spots available. Social distancing guidelines will be strictly followed.



7/10 F	1-2:30 p.m.	\$5/\$7	4601.207
8/7 F	1-2:30 p.m.	\$5/\$7	4601.208

THERAPEUTIC COLORING

Coloring has so many benefits for adults! Are you looking to reduce stress and anxiety? What about improving focus and motor skills? Come take your mind off things and join us for some social distancing coloring! In this adult-focused group, we will color, chat, and spend time together safely. This group is free but is requiring registration so staff can arrange the room for for safe social distancing guidelines. Supplies will be provided.

7/22 W	10 a.m.-Noon	FREE	4701.204
8/5 W	10 a.m.-Noon	FREE	4701.205
8/19 W	10 a.m.-Noon	FREE	4701.206

SUMMER BBQ AT PIONEER PARK

Summer is for BBQ, friends, and fun! Join us for one last summer hurrah! We will enjoy hamburgers and hot dogs with all the fixins! Yummy sides will also be included with the meal! Food will be prepared and served by Active Adult staff. Social distancing measures will be in place. Registration for this event is required. Please register by 8/18.



8/21 F	10:30 a.m.-Noon	\$9/\$11	4601.213
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VISITING NURSES

The Visiting Nurses Association operates a health clinic for seniors. They check blood pressure, provide nail and foot care for diabetics and others. There will be a limited number of spots available and preregistration is required. Social distancing guidelines will also be in effect along with other various safety measures during your appointment and in the waiting area. Please arrive 15 min prior to your scheduled appointment, no earlier. Cancellations must be made 24 hours in advance. To make an appointment please call 303-289-3720.

7/29 W	8:30 a.m.-4:30 a.m.	FREE	EP
8/12 W	8:30 a.m.-4:30 a.m.	FREE	EP

LINE DANCE AT BISON RIDGE

Dust off your dancing shoes because Monday Line Dancing with Rosalie is back! There are two levels of class for those who love to stay active and fit. We have two offerings at Bison Ridge, a beginner class and an intermediate class and both classes are taught by Rosalie Farrer. Purchase a 5-visit punch card for \$25 for the entire month of August or \$6 drop-in. Social distancing measures will be practiced throughout the class.

Classes are every Monday in August.
8/3, 8/10, 8/17, 8/24, and 8/31
Beginner 9-10 a.m.
Intermediate 10:15-11:15 a.m.

ADULT GUITAR

Looking to bolster your guitar playing capabilities? Join in on our guitar lessons! This class is for the student with some guitar experience and is able to play simple songs. Expand your knowledge of chords, scales, and strumming patterns. Must supply your own acoustic guitar. All sheet music provided. Pre-registration is required. Please register by 7/13 to reserve your spot. Class size will be limited to no more than 6 students to ensure quality personal instruction. The instructor will be ensuring social distancing measures with hands-off instruction.



*Registration deadline is 7/13

7/18-8/22 Sa	12:15-1 p.m.	\$45/\$48	8201.201 EP
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VIRTUAL FIELD TRIP OPTIONS

VIRTUAL TOUR OF THE FORD PIQUETTE AVENUE PLANT - DETROIT, MI

Who's ready for a road trip in the family Ford?? We're headed to the Ford Piquette Avenue Plant in Detroit, Michigan where Ford first produced the Ford Model T, the car credited with starting the mass use of automobiles in the United States. Ford Piquette Avenue Plant is dedicated to preserving the building and providing a unique experience of early automotive history and Detroit innovation. Grab your road snacks and let's start this adventure!

<https://www.fordpiquetteplant.org/virtual-tour/>

VIRTUAL TOUR OF THE ELMS MANSION NEWPORT COUNTY, RI

The Preservation Society of Newport County is a non-profit organization whose mission is to protect, preserve, and present an exceptional collection of 11 historical properties and landscapes in one of the most historically intact cities in America. Visit multiple mansions from this link.

<https://www.newportmansions.org/plan-a-visit/virtual-tours>

VIRTUAL TOUR OF THE LOUVRE ART MUSEUM IN FRANCE

Bienvenue au Musée du Louvre! Welcome to the Louvre Museum. The Louvre is the world's largest art museum and a historic monument in Paris, France. Objects from prehistory to the 21st century are exhibited over an area of 782,910 square feet. In 2019, the Louvre received 9.6 million visitors, making it the most visited museum in the world. Step inside and take in all the wonder and marvel at The Louvre!

<https://www.louvre.fr/en/visites-en-ligne>

VIRTUAL TOURS OF YELLOWSTONE NATIONAL PARK

Ready to explore Yellowstone? Leave the binoculars at home, as we will bring the park to YOU! Yellowstone National Park is the first U.S. national park, established by Congress and signed into law in 1872. The park is known for its wildlife and its many geothermal features, especially Old Faithful geyser, one of its most popular.

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

WINGS OVER THE ROCKIES AIR AND SPACE MUSEUM "BEHIND THE WINGS"

Since our trip to this museum had to be canceled, you can access their YouTube page to find interesting and educational videos on all your favorite aircraft.

https://www.youtube.com/playlist?list=PLqLkbfZP9ITiAS3540WoR3ZpiX_XqWdc

EXPERIENCE THE BEST MUSEUMS FROM LONDON TO SEOUL FROM THE COMFORT OF YOUR OWN HOME.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

VIRTUAL TOUR OF THE GEORGIA O'KEEFFE MUSEUM

Five virtual exhibits walk you through the inspiration behind Georgia O'Keeffe's greatest works, from modernism to watercolors. She's affectionately dubbed the "Mother of American Modernism," and these pieces truly take our breath away.

<https://artsandculture.google.com/partner/georgia-o-keeffe-museum?hl=en>

COLORADO-BASED VIRTUAL TRIPS

VIRTUAL TOUR OF THE KIRKLAND MUSEUM DENVER, CO

It's a shame that this museum, dedicated to artist Vance Kirkland and other fine and decorative artists, is shuttered. Still, you can get a taste of it from your laptop, tablet or smartphone by visiting the website for a 360-degree virtual tour that includes examples of its unique, salon-style displays and vignettes highlighting a mix of the aesthetically beautiful and stylishly practical.

kirklandmuseum.org

VIRTUAL TOUR OF CLYFFORD STILL MUSEUM DENVER, CO

The nation's only museum dedicated to abstract expressionist legend Clyfford Still has made 2,533 works available digitally on its website, searchable by color, type, date, creation place, material and whether or not it was on view at the Golden Triangle-area.

<https://collection.clyffordstillmuseum.org/listing>



AQUATICS

Supplemental Programs

SWIM TEAM

Commerce City Aquatics will be hosting a modified swim team for summer 2020. We will have one team each at Bison Ridge and Eagle Pointe. Due to distancing requirements, each team will be limited to a max of 9 participants.

Requirements

- Participants must be able to swim without assistance from coaches.
- The ability to swim continuously for at least 10 minutes and proficiency in front crawl, back stroke, and breast stroke.
- Ages 8-17 allowed but must meet swim ability requirements

Fees: \$40R/\$60NR

Dates: July 6th – August 14th

Practices:

Bison Ridge: M/W/F 2:30-3:30 p.m.

Eagle Pointe: M/W/F 5-6 p.m.

Meets

“Mock” meets between facilities with the possibility of a neighboring team. (dates TBD)

Meets will be spectator free and parents/guardians will not be allowed into the pool areas during these times.

FAMILY SWIM LESSONS

We are excited to announce a new program for families! Each family will be designated a space to learn with the help of the instructor guiding you through different activities and skills! 1 parent for each 2 children in attendance is required. Parents must be in the water with children and will provide hands on practice and instruction, guided by one of our trained instructors.

Dates: 7/11-8/8

Ages: 3-17

Bison Ridge

Participants: 9 participants, or 3 families max, whichever comes first

Fees: \$10R/\$14NR (1 parent/2 children required)

Times: Saturdays 10:10-10:55 a.m., 11:10-11:55 a.m.

Eagle Pointe

Participants: 2 lessons available per time slot. Lessons limited to a max of 4 participants per time slot.

Fees: \$10R/\$14NR (1 parent/2 children required)

Times: Saturdays 10:10-10:55 a.m., 11:10-11:55 a.m.



DANCE

VIRTUAL DANCE CLASSES

Need some activities to keep kids busy during the COVID-19 outbreak while remaining safe and at home? Try an online dance class for your child this summer. Children can dance and learn all in the comfort of their own home with an online dance class. Each class will be ½ hour and will be six weeks long. Dancers will be sent a new link each week of class allowing you to choose the day and time that is best for you and you can repeat the lesson as many times as you like that week. All you will need is an available space, WIFI, and a laptop/ipad/chrombook to be able to follow along to dance class each week.

TAP BASICS 4-7 YRS (VIRTUAL)

This class introduces children to Tap dance fundamentals, giving participants an increased body awareness and confidence. Children will also enjoy the creation of rhythm from the tapping of their shoes. Coed participants move to music, using their imagination and energy. Tap shoes or hard bottom shoes will be needed.

Mon 7/6-8/10 1101.201
\$15/\$20

TAP INTERMEDIATE 7-10 YRS (VIRTUAL)

This class introduces children to Tap dance fundamentals, giving participants an increased body awareness and confidence. Children will also enjoy the creation of rhythm from the tapping of their shoes. Coed participants move to music, using their imagination and energy. Tap shoes or hard bottom shoes will be needed.

Mon 7/6-8/10 1121.201
\$15/\$20

CREATIVE MOVEMENT 3-5 YRS (VIRTUAL)

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/hard bottom shoes and ballet shoes/bare feet recommended.

Ballet slippers or bare feet.

Mon 7/6-8/10 1661.201
\$15/\$20

BALLET BASICS 5-8 YRS (VIRTUAL)

Children are introduced to dance fundamentals and move progressively through dance classes, developing balance, steps, three positions and footwork. Emphasize having fun and expressing yourself through dance. Ballet slippers or bare feet.

Mon 7/6-8/10 1661.201
\$15/\$20

JAZZ 7-10 YRS (VIRTUAL)

Jazz combines techniques of classical ballet and modern dance with the current forms of popular dance. Jazz can take on many different characteristics and styles, including street jazz, percussive, Broadway, contemporary and lyrical. Emphasis is on the importance of energy, rhythmical accuracy, and style.

Mon 7/6-8/10 1551.201
\$15/\$20

HIP HOP BEGINNING 7-13 YRS (VIRTUAL)

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.

Mon 7/6-8/10 1201.301
\$15/\$20

Drop-In Group Fitness Classes

(Bison Ridge & Eagle Pointe)

Group Fitness classes will move virtually through the summer. Please visit our Facebook page for details on schedule and how to access the classes at: [Facebook.com/CommerceCityParksRecGolf](https://www.facebook.com/CommerceCityParksRecGolf)

Once classes resume in our recreation centers social distance guideline will be enforced and registering for the classes ahead of time will be required.

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

Geared towards our Older Active Adults, but open to everyone, we offer three different SilverSneakers classes, 5 days a week between Bison and Eagle Pointe Recreation Centers. Join SilverSneakers Classic, SilverSneakers Circuit, or SilverSneakers Yoga (also great for recovering from an injury) 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 courses. We have a variety of strength based classes including, a quick, 30-minute strength training to class to an hour long barbell class. 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 flexibility intensity vinyasa flow and sun salutation yoga classes, and many different Pilate’s classes that focus on strengthening and toning your whole body.

All class schedules, titles, and descriptions can be found on [c3gov.com/fitness](https://www.c3gov.com/fitness)

Personal Training Services

(Bison Ridge & Eagle Pointe)

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

FITNESS EQUIPMENT ORIENTATION

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

14 years and older

Call 303-286-6835 to schedule

FITNESS ASSESSMENTS

Measurements include Body mass index, body fat percentage and circumference measurements. FREE. To schedule an appointment call 303-286-6835.

14 years or older

PERSONAL TRAINING

Incorporates 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.

14 years and older

Sessions are available in:

3, 6, and 10 one-hour sessions

Fill out an intake packet at the front desk of either Bison Ridge or Eagle Pointe. After review, your trainer will contact you. Call 303-286-6835 or email ebelton@c3gov.com for more information.



FITNESS AND WELLNESS SUMMER PROGRAMS (COVID-19 EDIT)

TAI-CHI (VIRTUAL)

This class helps beginners to Tai-Chi learn the 24 Yang style forms. Stimulate the body and mind as you flow into forms with breath, balance and focus.

7/6 - 7/27 M	2:00-3:00 p.m.	\$25/\$35	3352.201 Virtual
8/3 - 8/24 M	2:00-3:00 p.m.	\$25/\$35	3353.201 Virtual

RESTORATIVE YOGA/MEDITATION (VIRTUAL)

Restorative Yoga & Meditation is an hour-long class that will open your body, mind and soul through practicing stillness or 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, are recovering from injuries and anything in between.

7/8-7/29 W	6:30-7:30 p.m.	\$30/\$35	3652.201 Virtual
8/5 - 8/26 W	6:30-7:30 p.m.	\$30/\$35	3653.201 Virtual

W.H.A.M. WHOLE HEALTH ACTION MANAGEMENT (VIRTUAL)

Ever wanted a life coach? Join us in W.H.A.M. to explore your strengths, likes, interests, and what you see as possible in regard to creating and self-managing a healthier lifestyle. Then we will help you identify the healthy habits you would like to add in your life. Once those are identified, we will work with you to create an action plan, using your strengths, to develop new healthy habits.

7/8-8/5 W	6:00-7:30 p.m.	\$45/\$50	3951.201 Virtual
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ASK ABOUT OUR RECREATION SCHOLARSHIP PROGRAM ASSISTANCE WHEN REGISTERING FOR CLASSES OVER \$21. SOME EXCLUSIONS APPLY.



BUILD BOOT CAMP (VIRTUAL/OUTDOOR)

Our progressive boot camps include exercise testing at the beginning and end of the course to assess growth. Work on strength building and cardio endurance using a wide variety of equipment, creative formats and teamwork. A hands on knowledgeable instructor will hold you accountable for your workout to help you see the results you've been hoping (and working) for! Virtual Boot Camp includes: two weekly, personalized workouts sent you, weekly Zoom check-ins, and more!



7/7 - 8/13 Tu/Th	5:45-6:45 p.m.	\$50/\$55	3451.201 Virtual
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PRESCHOOL YOGA (INSIDE)

Ages 3-6

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

7/10-7/31 F	9:00-10:00 a.m.	\$40/\$45	3261.201 BR
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FITNESS AND FUN-FITNESS CLASS FOR KIDS (OUTSIDE)

Ages 7-11

Take exercising to whole new level of fun. In this class, kids will learn the importance of fitness and health through physical games and competitions that will get their heart rates up, channel their energy, and build lifelong healthy habits.

7/10-7/31 F	9:00-10:00 a.m.	\$40/\$45	3262.201 BR
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TEEN BOOT CAMP (OUTSIDE)

Ages 12-17

This is a workout for teens of all levels. Whether you're just learning the basics of fitness and working out or you're an athlete wanting to stay in shape on the off season, this class is for everyone! Taught by a certified personal trainer, workouts will be customized to each teen's fitness level. You'll learn proper form, workout sequencing, and have fun while getting a great workout in! First session in July is for females. Second session in August is open for all.

7/9-7/30 Th	5-6 p.m.	\$30/\$35	7851.302 BR
8/6-8/27 Th	5-6 p.m.	\$30/\$35	7851.303 BR

ACTIVE ADULTS ON WEIGHTS (VIRTUAL)

50 years and older

You DO NOT need weights for this class! Strength training improves bone health, posture, balance, and ability to do everyday activity. Learn practical tips for a healthy diet that supports your strength and fitness. 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.

7/7 - 7/28 Tu	12:00-1:00 p.m.	\$25/\$30	3172.201 Virtual
8/4-8/25 Tu	12:00-1:00 p.m.	\$25/\$30	3173.201 Virtual



GOLF

Gathering restrictions in place due to COVID-19 prevention have impacted many of the programs normally held at Buffalo Run. Please contact the golf shop at 303-289-1500 for more details.

PRIVATE LESSONS

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

BUFFALO RUN MEN'S CLUB

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



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

GYMNASTICS

All gymnastics classes are now located at the Bison Ridge Recreation Center, 13905 E. 112th Ave.

ASK ABOUT OUR RECREATION SCHOLARSHIP PROGRAM ASSISTANCE WHEN REGISTERING FOR CLASSES OVER \$21. SOME EXCLUSIONS APPLY.

CARA GIRLS GYMNASTICS TEAM COMPULSORY – RETURN TO GYMNASTICS PROGRAM

LEVEL 3 AND 4

Participants will return to the gym after COVID-19 break in programs. The focus of these practices will be to slowly reintegrate into the sport stressing stretching, conditioning and skill drills while we safely rebuild gymnasts to the performance levels that they left with before the pandemic. These practices will start athletes off slowly allowing their bodies to gradually rebuild to their optimal performance levels while minimizing the risk of injury. Social distancing, masks, sanitation, and cleaning will all be implemented into programs to keep our athletes as safe as possible. **These classes are by invitation only and you will be contacted by your instructor with the group number you have been assigned to.**

Ages 6-17

Groups

C1 – 8 girls		
Mon/Wed 7/6-7/29	5:30-7 pm	2403.201
\$67/\$77	4 wks	
C2 – 8 girls		
Mon/Fri 7/6-7/31	5:30-7 pm	2403.202
\$67/\$77	4 wks	
C3 – 8 girls		
Tue/Thu 7/7-7/30	5:30-7 pm	2403.303
\$67/\$77	4 wks	
C4 – 8 girls		
Tue/Thu 7/7-7/30	5:30-7 pm	2403.304
\$67/\$77	4 wks	
C5 – 8 girls		
Wed/Fri 7/8-7/31	5:30-7 pm	2403.305
\$67/\$77	4 wks	

CARA GIRLS GYMNASTICS TEAM OPTIONAL LEVELS

Participants will return to the gym after COVID-19 break in programs. The focus of these practices will be to slowly reintegrate into the sport stressing stretching, conditioning and skill drills while we safely rebuild gymnasts to the performance levels that they left with before the pandemic. These practices will start athletes off slowly allowing their bodies to gradually rebuild to their optimal performance levels while minimizing the risk of injury. Social distancing, masks, sanitation, and cleaning will all be implemented into programs to keep our athletes as safe as possible. These classes are by invitation only and you will be contacted by your instructor with the group number you have been assigned to.

Ages 6-17

Groups

O1 – 8 girls		
Mon/Wed 7/6-7/29	7:30-9 pm	2413.201
\$67/\$77	4 wks	
O2 – 8 girls		
Mon/Wed 7/6-7/29	7:30-9 pm	2413.202
\$67/\$77	4 wks	
O3 – 8 girls		
Tue/Thu 7/7-7/30	7:30-9 pm	2413.303
\$67/\$77	4 wks	
O4 – 8 girls		
Tue/Thu 7/7-7/30	7:30-9 pm	2413.304
\$67/\$77	4 wks	



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.

Veterans Memorial Park renovation

New park will be the city's first all-inclusive outdoor space

Work on the Veteran's Memorial Park renovation continues! The park is undergoing construction to become the first all-inclusive park in Commerce City.

Major work items have been completed including:

- Underground Infrastructure
- Parking Lots Curb and Gutter
- Playground Equipment Installation
- Restroom Installation
- Picnic Shelter Framework complete

Renovation of the park is on track to be completed late summer 2020. Learn more about the project and see renderings of the new design at c3gov.com/QCL.

Sand Creek Regional Greenway

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

Prairie Gateway Open Space and Trail

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

Fernald Trail

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

Second Creek Greenway Trail

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

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

Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail

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



City Offers 20 Parks with Many Amenities

Share your parks and trails photo on FB & 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

DEVELOP TEAMWORK
LEARN SPORTSMANSHIP
BUILD FRIENDSHIPS AND GET ACTIVE!

Youth Baseball

AROUND THE HORN: YOUTH BASEBALL CAMPS

This beginner program introduces children to the great American pastime, focusing on the fundamentals of throwing, catching and hitting a baseball. Participants will meet once a week for camp on Mondays in July starting July 13th at Pioneer Park. Registrations for each time slot take place on a first come, first serve basis. We will not be registering by home school for the camps instead all participants will have a chance to play with other participants from throughout the City.

Ages: 5-6 years as of 7/1/20

Registration Deadline: 7/1	5001.201
Start Date: Week of 7/13	
Resident Fee: \$30	
Non-resident Fee: \$40	

COACH PITCH

This program incorporates instruction with league play. Coach Pitch teaches the fundamentals of hitting and fielding in a game setting, along with an introduction to hitting a live pitch. Participants will meet once a week for camp on Tuesdays in July starting July 14th at Pioneer Park. Registrations for each time slot take place on a first come, first serve basis. We will not be registering by home school for the camps instead all participants will have a chance to play with other participants from throughout the City.

Ages: 7-8 years as of 7/1/20

Registration Deadline: 7/1	5101.201
Start Date: Week of 7/13	
Resident Fee: \$30	
Non-resident Fee: \$40	

PEE WEE

This exciting and challenging program develops the fundamentals of baseball and promotes teamwork and sportsmanship. The program focuses on improving the basic skills of hitting and fielding, along with players' pitching. Participants will meet once a week on Wednesdays at Pioneer Park starting on July 15th. Registrations for each time slot take place on a first come, first serve basis. We will not be registering by home school for the camps instead all participants will have a chance to play with other participants from throughout the City.

Ages: 9-10 years as of 7/1/20

Registration Deadline: 7/1	5201.201
Start Date: Week of 7/13	
Resident Fee: \$35	
Non-resident Fee: \$45	

JUNIOR DIVISION

This program further develops the fundamentals of baseball and promotes teamwork and sportsmanship. Teams focus on improving skills while learning the details of baseball. Participants will meet once a week on Thursdays at Pioneer Park starting Thursday July 16th. Registrations for each time slot take place on a first come, first serve basis. We will not be registering by home school for the camps instead all participants will have a chance to play with other participants from throughout the City.

Ages: 11-12 years as of 7/1/20

Registration Deadline: 7/1	5301.201
Start Date: Week of 7/13	
Resident Fee: \$40	
Non-resident Fee: \$50	



SENIOR DIVISION

This recreational program continues to promote teamwork and sportsmanship. Players will focus on developing all skills of the game. Participants will meet once a week on Fridays at Pioneer Park starting Friday July 17th. Registrations for each time slot take place on a first come, first serve basis. We will not be registering by home school for the camps instead all participants will have a chance to play with other participants from throughout the City.

Ages: 13-14 years as of 1/20

Registration Deadline: 7/1 5401.201

Start Date: Week of 7/13

Resident Fee: \$40

Non-resident Fee: \$50

BRING IT HOME SKILLS CHALLENGE

The Bring it Home Skills Challenge is a baseball competition that allows youth to showcase their talents in base running, batting and throwing. The skills challenge will be a culmination of the 3 week skills camp offered in July and will be available to not only the camp participants, but any youth in the City who wish to participate. Scores will be based on speed, distance, and accuracy. This skills challenge will be replacing the normal "Rockies Skills Challenge" that is run in partnership with CARA and the Colorado Rockies. No registrations will be taken after the start of the competition. Participation cost: FREE

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

Ages: 5-14 years (age of 12/31/20)

Sat 8/1

Location: Capra Field at Pioneer Park in Commerce City

Start Times:

5-10 year olds • 9 a.m.

11-14 year olds • 11 a.m.

For additional information contact Nic Jones, youth sports coordinator at njones@c3gov.com



Umpires, We Appreciate You!

To all the umpires, scorekeepers, supervisors, and various other staff we want to thank you for all that you have done for the City and we hope that you are all taking care and staying healthy during these times. Though we do not have a baseball season to officiate right now we are looking forward to working with you all again soon when youth sports get rolling again. Take care and be well!

WEATHER HOTLINE

CALL AFTER 5 P.M.

303-289-3757 OR

visit TEAMSIDELINE.COM/COMMERCECITY

YOUTH SPORTS REGISTRATION

Bison Ridge 303-286-6801

Eagle Pointe 303-289-3789

c3gov.com/register

YOUTH PROGRAMS: SUMMER 2020

TEEN PROGRAMS: SUMMER 2020

Summer Enrichment Classes

Ages: 6-10

LITTLE MEDICAL SCHOOL

At Little Medical School, students will assume the role of a doctor and learn how the body and organs work, how to use medical instruments, administer first aid, and even tie knots like a real surgeon.

7/6-7/15 M/W	9-11 a.m.	\$100/\$125	7651.201 BR
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LITTLE VETERINARIAN SCHOOL

At Little Veterinarian School, students will assume the role of a veterinarian and learn how to preform a nose-to-tail exam, the importance of proper nutrition, preform a tick check, and identify animal body language.

7/20-7/29 M/W	9-11 a.m.	\$100/\$125	7651.202 BR
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GOOD FOOD PROJECT

Cook healthy foods that are fast, simple and delicious. Chelly from The Good Food Project focuses on how to shop, prep and cook so you can make and eat your own tasty treats.

7/6-7/15 M/W	1-4 p.m.	\$75/\$100	7651.203 BR
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7/20-7/29 M/W	1-4 p.m.	\$75/\$100	7651.204 BR
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Science Matters

SLIMEOLOGY AND POP! FIZZ! BANG!

What's cooking? Cool science! Young scientist-chefs will learn the secrets of soda pop, make whipped cream, discover the science behind popcorn, and experiment with other kitchen concoctions. We'll explore chemistry to make Soda Slobber and "living" Slime, make water disappear, and play with snow that never melts. Kids will have fun mixing it up while learning lots of fizzy-poppy science in the process.

7/7-7/16 Tu/Th	9 a.m.-12 p.m.	\$140/\$165	7651.205 BR
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BRISTLE BOTS AND MACHINE MADNESS

Mix science and imagination to design and build your very own motorized moving Bristle Bot. Join us to explore the science of circuits, electromagnetism and motion. Prepare your Bots for drag racing and wrestling.

7/21-7/30 Tu/Th	9 a.m.-12 p.m.	\$140/\$165	7651.206 BR
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THE PAGE TURNERS: BOOK CLUB

Ages: 11-14

Grab a book, cozy up, and get lost in the story. Join Recreation staff and Commerce City Police Officers to discuss a new book each month, create book themed crafts, snack and enjoy the company of others. Book included in registration.

July	FREE	7801.201 EP
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July's Book- Where the Crawdad's Sing

TEEN NIGHTS AROUND TOWN: AGES 11-17

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

Wednesdays	5:30-7:30p.m.	FREE
7/15	Fairfax Park	
7/22	Turnberry Park	
7/29	Pioneer Park	
8/12	Monaco Park	
8/19	Fronterra Park	
8/26	Veteran's Memorial Park	

BIKE WITH FITNESS AGES: 9-17

Spend the day on your bike with Commerce City Fitness Instructors. Participants receive safety information and equipment such as helmets; learn how to maintain your bike, learn the rules/laws of the road and trails, and how to get help while biking. Participants must be prepared to ride for 3-5 miles.

Fridays	Ride begins at 9 a.m.	FREE
7/17	Fronterra Park	Ride begins at 9:00 a.m. FREE
7/24	Bison Ridge	Ride begins at 9:00 a.m. FREE
7/31	Alsop Elementary	Ride begins at 9:00 a.m. FREE
8/07	Thimmig Elementary	Ride begins at 9:00 a.m. FREE

ASK ABOUT OUR RECREATION SCHOLARSHIP PROGRAM ASSISTANCE WHEN REGISTERING FOR CLASSES OVER \$21. SOME EXCLUSIONS APPLY.

TEEN BOOT CAMP AGES: 12-17

This is a workout for teens of all levels. Whether you're just learning the basics of fitness and working out or you're an athlete wanting to stay in shape on the off season, this class is for everyone! Taught by a certified personal trainer, workouts will be customized to each teen's fitness level. You'll learn proper form, workout sequencing, and have fun while getting a great workout in!

7/9-7/30 Th	5-6 p.m.	\$30/\$35	7851.302 BR
Females Only Class			
8/6-8/27 Th	5-6 p.m.	\$30/\$35	7851.303 BR
Co-ed Class			

MOUNTAIN WARRIORS AGES: 11-17

Travel to the mountains for fresh air and hiking. Practice survival skills such as leave no trace, filtering water and using a compass along the way.

8/10-9/28 M	8:30a.m.-2:30 p.m.	\$80/\$95	7851.208 BR
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ADVENTURE EXPLORERS- WATER SERIES AGES 11-17

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

8/3-8/6 M-Th	8:00a.m.-3:00p.m.	\$140/\$165	7851.207 BR
8/3	White Water Rafting		
8/4	Stand Up Paddleboard		
8/5	Cave Tours- Spelunking		
8/6	Kayaking		

TEEN DUSK EXPLORATION AGES: 11-17

Build memories through a hike at dusk. Explore the area and animal that call Sand Creek Greenway home. End the night with a campfire and s'mores. Meet at Eagle Pointe Recreation Center and travel off-site.

8/4 Tu	6:00-8:00p.m.	\$5/\$10	7801.207 EP
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HORSETREK: AGES 11-17

Have you ever wanted to go horseback riding? Here's your chance! Meet at Eagle Pointe and travel offsite for trail rides each week.

8/8-8/29 Sa	9:00a.m.-3:00p.m.	\$75/\$90	7801.302 EP
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VIRTUAL COOKING WITH A COP

Get a little messy while gaining hands on experiences creating healthy and delicious food with your local police officers. Supplies and zoom link provided with registration. To register contact Ali Hall at 303-289-3674.

6/26 F	11 a.m.-12:30 p.m.	FREE	
Supply pickup	6/24 W	12 - 4 p.m.	EP

YOUTH GUITAR

Guitar Heroes Level 1

Learn basic chords, how to read music charts and reinforce your learning by playing simple songs. Must supply own acoustic guitar. All sheet music provided. Instructor may move students between levels in the best interest of the student. Each session is six weeks. Please register by 7/13 to reserve your spot. Class size will be limited to no more than 6 students to ensure quality personal instruction. The instructor will be ensuring social distancing measures with hands-off instruction.

*Registration deadline is 7/13

Ages 8-15

Sa 7/18-8/22	10:15-11:00 a.m.	\$45/\$48	8211.201 EP
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Guitar Heroes Level 2

This class expands on the basics learned in Level 1, but allows the instructor to teach more difficult songs and techniques. Must supply own acoustic guitar. All sheet music provided. Instructor may move students between levels in the best interest of the student. Each session is six weeks. Please register by 7/13 to reserve your spot. Class size will be limited to no more than 6 students to ensure quality personal instruction. The instructor will be ensuring social distancing measures with hands-off instruction.

*Registration deadline is 7/13

Ages 8-15

Sa 7/18-8/22	11:15 a.m.-12 p.m.	\$45/\$48	8221.201 EP
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LICENSED SUMMER DAY CAMP 2020 AND PRESCHOOL AGED PROGRAMS

Youth Camp Venture for ages 6-10

Commerce City offers state-licensed summer camps for children ages 6-10 (Youth Camp Venture).

Limited space available.

To register, contact Jessica Boles- jboles@c3gov.com.

Monday-Friday 8a.m.-5p.m.

EP	Date	Theme
7501.206	Week 6 July 6-10	Extreme Challenge
7501.207	Week 7 July 13-17	All Around the World
7501.208	Week 8 July 20-24	Wildlife Warriors
7501.209	Week 9 July 27-31	Spirit Week

VIRTUAL PRESCHOOL AGE PROGRAMS

Ages 3-5

Join us for virtual preschool! Each session includes stories, dancing, crafts and more. Supplies provided for parent pick up prior to the start of each session.

T, W, Th	10:00am-10:30am	\$10/\$12
7/7 - 7/9	It's a Colorful World	7101.201
7/14 - 7/16	Arabian Nights	7101.202
7/21 - 7/23	Let's Get in Touch with Nature	7101.203
7/28 - 7/30	Wild Weather	7101.204

T, W, Th	2:00pm-2:30pm	\$10/\$12
7/7 - 7/9	Camping Fun/Let's Get Cooking	7151.201
7/14 - 7/16	Under the Sea	7151.202
7/21 - 7/23	Egyptians	7151.203
7/28 - 7/30	Prehistoric Extravaganza	7151.204

DISCOVERY KIDS

Ages 3 - 5

Different themes and activities each week. All classes are interactive and hands-on fun! Space is limited to 8 children per session.

Eagle Pointe

Tu,W,Th	10:00am - Noon	\$30/\$40
8/11 - 8/13	Kids in the Kitchen	7102.201
8/18 - 8/20	Teddy Bears Galore	7102.202
8/25 - 8/27	Things That Go	7102.203

Bison Ridge

Tu,W,Th	2:00 - 4:00pm	\$30/\$40
8/11 - 8/13	Animal Tracks	7152.201
8/18 - 8/20	Community Helpers	7152.202
8/25 - 8/27	Around the World	7152.203

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.

Bison Ridge

Ages 3.5-6

8/6-8/27 Th	9:15-10:00 a.m.	\$44/\$55	7563.201
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Parent/Tot

Ages 1.5-3.5 with an adult (price is per child)

8/6-8/27 Th	10:00-10:30 a.m.	\$40/\$50	7553.201
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