Registration opens August 25
c3gov.com/recreation

VETERANS MEMORIAL PARK RENOVATION IS NOW COMPLETE!
Details on page 21
Information subject to change. Visit c3gov.com/recreation for the latest updates.

Registration Process for Recreation Center Use
• Reservations are available in 90-minute time slots
• Each time slot is restricted to 25 people
• 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 required while in the facilities and lobby areas. Masks/cloth face coverings and maintaining social distancing (remain six feet apart) are REQUIRED while participating in physical activity and at all other times in the center.
• 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.

Pool 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

Eagle Pointe/Bison Ridge Gymnasiums:
• Call to reserve a court.
• Hoops are limited to individual use OR for those in the same household.
• Must bring your own basketball or raquet and ball.

Closed Recreation Center Amenities
• Locker rooms and lockers
• Showers
• Child watch
• Elevated Track
• Group Exercise Rooms
• Lobby and soft seating spaces
• Technology Lab
• Game Room (Eagle Pointe)
• Active Adult Center (Eagle Pointe)
• Steam Room (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-Fri 5 a.m. – 9:30 p.m.
Sat 7 a.m. – 6:30 p.m.
Sun 8 a.m. – 5 p.m.

ACTIVE ADULT CENTER AT EAGLE POINTE
Active Adult Center Lobby is closed
Adult information 303-289-3720

BISON RIDGE AND EAGLE POINTE CLOSURES
Sept. 7: Labor Day, EP & BR close at 11:30 a.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

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:

Date | Day of Week | Time | Cost | Location
--- | --- | --- | --- | ---
1/22 Tu | 11 a.m.-1 p.m. | $7/$9 | xxxxxxxxx EP

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 aids 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.

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.

2020 RECREATION CENTER FEES

<table>
<thead>
<tr>
<th>Age</th>
<th>Daily</th>
<th>Resident</th>
<th>Corporate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child 3-7</td>
<td>$4</td>
<td>$1</td>
<td>$5</td>
</tr>
<tr>
<td>Youth 8-17</td>
<td>$5</td>
<td>$2</td>
<td>$3.50</td>
</tr>
<tr>
<td>Adult 18-61</td>
<td>$6.25</td>
<td>$4</td>
<td>$6.25</td>
</tr>
<tr>
<td>Senior 62+</td>
<td>$5</td>
<td>$2</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

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

**Nonresident Rates**
- Household of four*: $952.50
- *Each additional person $35

**Corporate Rates**
- $80
- **$40**
- $312.50

**Military Discount (Active and Disabled Veteran)** Free* See details on page 4

*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.

Please visit c3gov.com/recreation or our social media pages for more info about upcoming Fall 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 Paradice 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 Paradice 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

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**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.

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Day of Week</th>
<th>Time</th>
<th>Cost</th>
<th>Location</th>
<th>Active Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/21</td>
<td>Tu</td>
<td>12-1:30 p.m.</td>
<td>$7/$9</td>
<td>1234.101</td>
<td>BR</td>
</tr>
</tbody>
</table>

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

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 c3gov.com/register 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.

CURBSIDE PICK UP AND NEW WEEKLY SPECIALS NOW AVAILABLE!
• Every Thursday: All You Can Eat Pasta, 4-8 p.m., $13 for adults, $7 for ages 10 and under. Dessert special: House-made tiramisu served with espresso sauce, $6.
• Every Friday: All You Can Eat Fish & Chips, 4-8 p.m., $14
• Saturdays: Saturday Steak Special: 10 oz. hand-cut ribeye grilled to perfection, $24
• Sundays: Family Style Breakfast, 8 a.m.-noon. $13.95 for Adults, $6.95 for kids 10 and under, and free for 3 and under
**ACTIVE ADULTS**

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

**Events**

**FALL STROLL SERIES**
During the summer, we strolled around four landmarks in Commerce City. Let’s take advantage of the last warm days of 2020 and visit three more local landmarks. Join friends for some light exercise and a bunch of fun! Please bring your own water and be ready to walk unassisted for 30-45 minutes. We will be stopping for occasional water breaks. We will be practicing social distancing guidelines. Registration for walks will be required and spots are on a first come first serve basis. Once you are registered, staff will be in contact about the exact meet up spot at each location.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
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<tbody>
<tr>
<td>9/10 Th</td>
<td>9-10 a.m.</td>
<td>Free</td>
<td>Highway 2</td>
</tr>
<tr>
<td>9/24 Th</td>
<td>9-10 a.m.</td>
<td>Free</td>
<td>Downtown Derby</td>
</tr>
<tr>
<td>10/8 Th</td>
<td>9-10 a.m.</td>
<td>Free</td>
<td>Pioneer Park</td>
</tr>
</tbody>
</table>

**VETERAN’S MEMORIAL PARK & ROOT BEER FLOATS**
Calling all cool cats, sharp dressers, hunks, and hippies! We are having a '50s and '60s themed root beer float bash! Join friends and Active Adult Staff as we sip root beer floats, play sweet treat trivia, and groove to some classic tunes from the ‘50s and ‘60s. Don’t be a square; we hope to see you there! Registration is required. There is a limited number of spots available, so sign up early. Participants must follow social distancing guidelines.

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<th>Date</th>
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<th>Fee</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>9/22 Tu</td>
<td>1-2 p.m.</td>
<td>$4/$5</td>
<td>Veteran’s Memorial Park</td>
</tr>
</tbody>
</table>

**HOLIDAY SWEATER PARTY**
December 18 is National Buddy the Elf Day and National Ugly Holiday Sweater Day! So grab a friend and any sweater you have and join us for a holiday party you won’t want to miss. We will stream the 2003 film “Elf”, have a holiday sweater contest with prizes, and enjoy a sweet treat or two! Don’t lollygag, sign up early because spots are limited. Registration is required to attend.

<table>
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<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
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<tbody>
<tr>
<td>12/18 F</td>
<td>1 p.m.-3 p.m.</td>
<td>$7/$9</td>
<td>Veteran’s Memorial Park</td>
</tr>
</tbody>
</table>

**TUESDAY MOVIE MATINEES**
Come get cozy and enjoy time with friends while viewing some of Hollywood’s newest productions! Join us at Eagle Pointe every other Tuesday as we social distance and screen a 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.

<table>
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<th>Fee</th>
<th>Location</th>
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<tbody>
<tr>
<td>9/1 Tu</td>
<td>1-3:30 p.m.</td>
<td>$3/$4</td>
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</tr>
<tr>
<td>9/29 Tu</td>
<td>1-3:30 p.m.</td>
<td>$3/$4</td>
<td>Pioneer Park</td>
</tr>
<tr>
<td>10/13 Tu</td>
<td>1-3:30 p.m.</td>
<td>$3/$4</td>
<td>Pioneer Park</td>
</tr>
</tbody>
</table>

**FRIDAY BINGO**
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 in a safe and controlled environment. We will have marvelous and exciting prizes! Registration is required to attend and we will have a limited number of spots available. Participants must follow strict social distancing guidelines.

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<th>Date</th>
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<th>Fee</th>
<th>Location</th>
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<tbody>
<tr>
<td>9/18 F</td>
<td>1 - 3. p.m.</td>
<td>$5/$7</td>
<td>Pioneer Park</td>
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<tr>
<td>10/16 F</td>
<td>1 - 3. p.m.</td>
<td>$5/$7</td>
<td>Pioneer Park</td>
</tr>
<tr>
<td>11/20 F</td>
<td>1 - 3. p.m.</td>
<td>$5/$7</td>
<td>Pioneer Park</td>
</tr>
<tr>
<td>12/11 F</td>
<td>1 - 3. p.m.</td>
<td>$5/$7</td>
<td>Pioneer Park</td>
</tr>
</tbody>
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**THANKSGIVING DINNER ON THE GO 2020**
Be our guest for a fabulous Thanksgiving drive-thru feast! COVID-19 is limiting our ability to honor Thanksgiving traditionally, but that won’t stop us from celebrating. To make sure we adhere to social distancing guidelines, we are serving up Thanksgiving dinner drive-thru style. Register for your Thanksgiving meal with all the fixings by Thursday 11/19. On 11/24 you will pull up to the Active Adult center between 11 a.m.-12:30 p.m. for staff to deliver your curbside Thanksgiving dinner prepared by Bison Grill. The meal includes carved Turkey and stuffing, mashed potatoes and gravy, green bean casserole, a side salad and pumpkin pie for dessert. Order your Thanksgiving meal today!

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<tr>
<td>11/19</td>
<td>11 a.m. - 12:30 p.m.</td>
<td>$11/$13</td>
<td>Pioneer Park</td>
</tr>
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**NATIONAL DAYS**
Any excuse to celebrate is a good one! 2020 has been one crazy year, so we might as well celebrate some of the crazy days that happen this fall! Join in on the celebration as we recognize national days in September, October, November, and December! Registration is required to attend each of the festivities. We will only have a limited number of spots available. Participants at each party must follow social distancing guidelines.

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<tr>
<td>9/3 Th</td>
<td>10 a.m. - Noon</td>
<td>$5/$7</td>
<td>Pioneer Park</td>
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**Thanksgiving Dinner Drive-thru**
Be our guest for a fabulous Thanksgiving drive-thru feast! COVID-19 is limiting our ability to honor Thanksgiving traditionally, but that won’t stop us from celebrating. To make sure we adhere to social distancing guidelines, we are serving up Thanksgiving dinner drive-thru style. Register for your Thanksgiving meal with all the fixings by Thursday 11/19. On 11/24 you will pull up to the Active Adult center between 11 a.m.-12:30 p.m. for staff to deliver your curbside Thanksgiving dinner prepared by Bison Grill. The meal includes carved Turkey and stuffing, mashed potatoes and gravy, green bean casserole, a side salad and pumpkin pie for dessert. Order your Thanksgiving meal today!

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<td>9/3 Th</td>
<td>10 a.m. - Noon</td>
<td>$5/$7</td>
<td>Pioneer Park</td>
</tr>
</tbody>
</table>
Celebrate National Cookie Day by putting your decorative touch on some festive holiday cookies! Cookie decorating supplies provided.

**Classes**

**LINE DANCE AT BISON RIDGE**
Dust off your dancing shoes because Monday Line Dancing with Rosallie is back! There are two levels of class for those who love to stay active and fit. We have two offerings at Bison Ridge and Rosallie Farrer teaches both the beginner class and the intermediate class. Purchase a 5-visit punch card for $25 or $6 drop-in. We will be practicing social distancing throughout the class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
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<td>1 - 3 p.m.</td>
<td>Free</td>
<td>4701.301 EP</td>
</tr>
<tr>
<td>10/12 M</td>
<td>1 - 3 p.m.</td>
<td>Free</td>
<td>4701.302 EP</td>
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**REVERSE MORTGAGE MYTHS REAL STORIES BEHIND THE LOANS**
This is this as Reverse Mortgage 101. We will discuss the basics, answer your questions, address your concerns, and share real-life examples of how we have helped improve seniors' financial situations with this versatile loan product. This class is an excellent source of information for anyone who has or is considering a Reverse Mortgage. Registration is required. Class participants must follow social distancing guidelines.

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**WHAT YOUR HEIRS SHOULD KNOW IF YOU HAVE A REVERSE MORTGAGE**
Join us as we review the basics of a Reverse Mortgage and continue the discussion by addressing how to prepare yourself better, your home, and your heirs/executor for the steps that are required when the last borrower leaves the home. This class is an excellent source of information for anyone who has or is considering a Reverse Mortgage. Registration is required. Class participants must follow social distancing guidelines.

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**DRIVER SAFETY**
In this class, brought to you by AARP, you will learn defensive driving techniques, new traffic laws, rules of the road, and how to deal with aggressive drivers. Course participants may be eligible to receive an insurance discount. (Consult your insurance agent for further details). Payment is due to the instructor on the day of class. Registration is required. Class participants must follow social distancing guidelines.

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**HISTORICAL COMMERCE CITY TOUR TALK WITH HISTORICAL SOCIETY SECRETARY DEBRA BULLOCK**
Enjoy a Commerce City history PowerPoint presentation presented by Debra Bullock and the CCHS Board from the Commerce City Historical Society. Will be covering the history of the Commerce City area from the mid-1800s to current times, ending with a question and answer session. We will then go to Pioneer Park and have your box lunch that you will provide and you can share some history comments of your own that you have while living in Commerce City! The Commerce City Historical Society will be providing drinks and dessert.

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**TRIPS**
**TRAVEL THE WORLD EXPERIENCE**
The travel bug has bitten at the Active Adult Center, so get ready for some new adventures! Since traveling has gotten more difficult due to the COVID-19 pandemic, we decided to bring traveling to you. In this Travel the World Experience, we will gather together and virtually visit all seven continents in the span of 4 months. Visit places you have only dreamed about, like Antarctica, the Amazon Rainforest, and more! We are going to experience everything traveling the world has to offer in a safe and controlled environment! Each journey we go on comes with a souvenir or treat from our designated site! Each experience has a limited number of spaces available, so sign up early. Travel participants must follow social distancing guidelines and other safety measures put in place by staff.

- **Africa**
  Lions, elephants, giraffes, and wildebeests… Oh my! Join friends and the Active Adult Staff on an epic African safari without having to jump on a plane. You will enjoy the safari adventures without the need for sunblock or bug spray. Come along for the ride, who knows what animals we will find!

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- **Antarctica**
  Grab a jacket and a pal because we are heading to the most southern point of the earth, Antarctica. Scientists classify Antarctica as a desert. It does not rain or snow a lot, but when it does snow, the snow never melts, and it just builds up over many years to make hefty, thick sheets of ice. Join us in exploring and uncovering the secrets of this mysterious continent!

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- **Asia**
  The Ming Dynasty takes credit for building The Great Wall of China around 1368-1644 and it is a massive 13,171 miles long! So, we better put on some sturdy shoes because we have some walking to do! Grab a friend and head over to Eagle Pointe as we virtually travel to China to hike and see the sights from the Great Wall of China. Registration is required to attend.

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GET SOCIAL • facebook.com/commercecityparksrecgolf • instagram.com/commercecityparksrecgolf
**ACTIVE ADULT**

**AUSTRALIA**
G’day mate! It is time to virtually dive into the warm 86°F water that surrounds one of the greatest natural wonders of the world: The Great Barrier Reef. The Great Barrier Reef stretches over 1,600 miles and is home to more than 1,500 species of fish, 411 types of hard coral, 134 species of sharks and rays, and more! Team up with other Active Adults and Staff to witness all the beauty the Great Barrier Reef has to offer. Registration is required.

10/28 W 10 a.m.-Noon $4/$6 4501.304 EP

**EUROPE**
Prepare for some extreme weather, masses of wildlife, and some gorgeous mountain views because we are off to Europe to explore the Alps! The Alps are the highest and most extensive mountain range in Europe. Covering eight countries in total, in the East, they stretch from Austria and Slovenia to Italy and Switzerland and from Germany to France in the West. This mountain range is one you sure do not want to miss! Registration is required.

11/11 W 10 a.m.-Noon $4/$6 4501.305 EP

**NORTH AMERICA**
Our adventures are taking us north, to the True North that is! On this expedition, we are traveling to Canada to see a couple of the many parks that make up the Canadian Rocky Mountain Parks. Peppered throughout these parks are mountain peaks, glaciers, waterfalls, and canyons. The Canadian Rocky Mountain Parks consist of 4 national parks and 3 provincial parks and the parks are notorious for their scenic splendor. On this trip, we will see Banff national park and Jasper national park. Do not miss a chance to witness all the majesty Canada has to offer! Registration is required.

11/25 W 10 a.m.-Noon $4/$6 4501.306 EP

**SOUTH AMERICA**
We are off to explore the “lungs” of the earth, the Amazon rainforest! Classified as one of the most glorious natural habitats on earth, the Amazon rainforest dominates the northern half of South America. We are going to travel the 2,300,000 square miles that make up the Amazon rainforest and observe the wildlife and the tribes that inhabit it! Join friends and Active Adult staff sightseeing in one of the most beautiful and the least understood places on the planet. Registration is required.

12/9 W 10 a.m.-Noon $4/$6 4501.307 EP

**DINERS DRIVE IN’S AND DIVES... CURB SIDE PICKUP SERIES!**
Restaurant dining has looked a little different from the reality of COVID 19. Whether it is limited seating in restaurants, eating on patios or in driveways, or getting meals to go, we still want to support the local restaurants safely and responsibly. Our popular day trip series, Diners Drive-ins, and Dives is adjusting to this current reality as well. We will watch an episode of the popular TV show and the staff will pick up a meal curbside and deliver it to the Active Adult Center so we can enjoy the meal as a group. A limited menu will be offered. See the “On the Move” newsletter for restaurant and menu items available for each date.

10/21 W Noon-1:30 p.m. $13/$15 4501.308 EP
Fat Sully's Pizza

11/18 W Noon-1:30 p.m. $13/$15 4501.309 EP
Maria Empanada

**THE VATICAN MUSEUM**
Take a trip to Vatican City without even leaving your house with this virtual tour featuring Raphael’s Rooms, the Sistine Chapel, and the New Wing. http://www museovaticani.va/content/museovaticani/en/collection/musei/tour-virtuali-elenco.html

**FRAUNCE’S TAVERN MUSEUM**
Fraunces Tavern Museum is a repository for the material culture of Colonial America, the American Revolution, and Early American history. Since 1907, the Museum has been a vehicle to preserve the artifacts of America’s cultural legacy. Using these artifacts as evidence from the past, the Museum is able to interpret humanity at a specific time and place. https://www.fraunces tavernmuseum.org/the-signing-of-the-constitution

**WINCHESTER MYSTERY HOUSE**
Built by Sarah Winchester in 1884, this spooky house features stairways to nowhere and bricked-up doors. You can find the full video tour, complete with a guide, on the Winchester Mystery House website for a fee of $8.99. https://winchestermysteryhouse.com/immersive-360-walkthrough/

**COLORADO BASED VIRTUAL TOUR**
**William Havu Gallery**
Take a 360° Virtual Tour of our current exhibition by Amy Metier, Emilio Lobato & Michael Clapper
https://tourmkr.com/F1PRE0BiNi/12310035p,2928943m,177.35h,90.00t

**DROP IN**
**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 will be requiring registration. Supplies are provided.

9/14M 10-11:30 a.m. Free 4601.320 EP

9/28M 10-11:30 a.m. Free 4601.321 EP

10/12M 10-11:30 a.m. Free 4601.322 EP

10/26M 10-11:30 a.m. Free 4601.323 EP

11/9M 10-11:30 a.m. Free 4601.324 EP

11/23M 10-11:30 a.m. Free 4601.325 EP

12/14M 10-11:30 a.m. Free 4601.326 EP

**OCTOBER PUZZLE PROJECTS**
Quarantine has made people get creative on ways to spend their time, and as a result, puzzles have never been so popular! Puzzle-solving has numerous mental, physical, and emotional benefits. From improved memory and concentration to increased creativity, solving puzzles does it all! Come to the Active Adult Center with your thinking cap on and get ready to piece together some puzzle pieces. Participants will get 500 piece puzzles to complete each week. Participants can work on their puzzles at the center and at home! Registration for puzzle weeks is required.

T, Th 10 a.m.-Noon Week 1: Free 4601.327
The Outreach Committee oversees and implements an annual outreach plan designed to increase older adult participation in programs. These groups meet monthly at the Eagle Pointe Recreation Center. If you are interested in joining a committee please see a staff member for an application! If you have a question call Zach Roth at (303) 289-3720. Applications will be taken from October 1-November 30 and interested members will be informed about their committee by December 18.

**ADAMS COUNTY VIRTUAL OUTREACH**

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

**THE SENIOR HUB**

Phone: 303-426-4408
Email: info@seniorhub.org

The Senior Hub is a non-profit agency founded in 1986 with a clear mission to provide services and support to assist aging adults to remain in their home, 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 trainings that meet the needs of our aging adult communities on many levels. It is our mission to empower the lives of those we serve, to assist the families that support them, and to engage community partners that enrich our efforts.
AQUATICS

Pool Information
Please observe these safety guidelines and policies during your visit

GENERAL INFORMATION
The pools at both Eagle Pointe and Bison Ridge are open:
Monday-Friday: 5 a.m. – 9:30 p.m.
Saturday: 7 a.m. – 7 p.m.
Sunday: 8 a.m.-6 p.m.

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.

Instructions from the lifeguard must be obeyed at all times
- Please be courteous. Foul language, horseplay, fighting or abusive behavior will not be tolerated.

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

User requirements
- Children age 5 and younger must be accompanied in the water and remain within arm’s reach of an adult, age 18 or over, at all times.
- A person age 16 or older must remain on the pool deck and directly supervise any child between the ages of 6-11 in the pool.
- Children age 12 and older may swim without adult supervision.
- Children who are not toilet trained must wear swim diapers.
- To ride the slides, users must meet the minimum height requirements. 48in at Bison Ridge; 54in at Eagle Pointe.

Additional guidelines:
- All swimmers must shower before entering the pool area.
- Changing clothes on deck is prohibited.
- Acceptable personal pool equipment includes noodles, kickboards, beach balls, dive sticks, and other soft balls; however use of all items is up to the discretion of the lifeguard.
- Flotation devices (excluding lifejackets) are not allowed in any area where the user cannot touch the bottom of the pool.
- Use of facility aquatic equipment is not allowed during open swim times.
- Diving is restricted to the 9ft area at Eagle Pointe only.
- A swim test must be passed by any user wishing to use the deep end, regardless of age.

- No Running.
- Food, gum, alcohol, and glass containers are not allowed in the pool area. Drinks in sealable, spill proof containers are permitted.

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

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

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

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

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

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

Programs
FAMILY SWIMLessons
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.

Ages: Youth (ages 3-17) / Adults (ages 18 and over)

Bison Ridge
Participants: 9 participants, or 3 families max, whichever comes first
Fees: $15R/$19NR (1 parent/2 children required)
Times: Saturdays 10:10-10:55am, 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: $15R/19NR per participant (Parents are required to be in the water. 1 parent per every 2 children.)
Times: Saturdays 9:40-10:10 a.m. & 10:20-10:50 a.m.
AQUATICS
AQUAFIT SCHEDULE
Ages 16 and older for all classes
For the most up to date class schedule please visit:
recreation.c3gov.com/classes-programs/fitness

Programs and Activities at Bison Ridge

LEVEL 5 STROKE MECHANICS (AGES 8-12)
8/25-9/24 Tu/Th 5WK 5:45-6:30 p.m. 6551.301
10/6-11/5 Tu/Th 5WK 5:45-6:30 p.m. 6552.301
11/17-12/17 Tu/Th 5WK 5:45-6:30 p.m. 6553.301

LEVEL 6 SWIM TEAM PREP (AGES 8-17)
8/24-9/23 M/W 5WK 5:45-6:30 p.m. 6861.301
10/5-11/4 M/W 5WK 5:45-6:30 p.m. 6862.301
11/16-12/16 M/W 5WK 5:45-6:30 p.m. 6863.301

WATER BABIES: AGES: 6-17 MONTHS
10/3-10/31 Sat 5WK 9:40-10:10 a.m. 6051.301
11/14-12/12 Sat 5WK 9:40-10:10 a.m. 6052.301

PARENT-TOT: AGES: 18 MONTHS TO 2 YEARS
10/3-10/31 Sat 5WK 10:20-10:50 a.m. 6051.302
11/14-12/1 Sat 5WK 10:20-10:50 a.m. 6052.302

Programs and Activities at Eagle Pointe

LEVEL 5 STROKE MECHANICS (AGES 8-12)
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.
8/25-9/24 Tu/Th 5WK 5:45-6:30 p.m. 6501.301
10/6-11/5 Tu/Th 5WK 5:45-6:30 p.m. 6502.301
11/17-12/17 Tu/Th 5WK 5:45-6:30 p.m. 6503.301

LEVEL 6 SWIM TEAM PREP (AGES 8-17)
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.
8/24-9/23 M/W 5WK 5:45-6:30 p.m. 6811.301
10/5-11/4 M/W 5WK 5:45-6:30 p.m. 6812.301
11/16-12/16 M/W 5WK 5:45-6:30 p.m. 6813.301

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.
8/29-9/26 Sat 5WK 9:40-10:10 a.m. 6001.301
10/10-11/7 Sat 5WK 9:40-10:10 a.m. 6002.301
11/21-12/19 Sat 5WK 9:40-10:10 a.m. 6003.301

LEVEL 5 STROKE MECHANICS (AGES 8-12)
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.
8/25-9/24 Tu/Th 5WK 5:45-6:30 p.m. 6551.301
10/6-11/5 Tu/Th 5WK 5:45-6:30 p.m. 6552.301
11/17-12/17 Tu/Th 5WK 5:45-6:30 p.m. 6553.301

LEVEL 6 SWIM TEAM PREP (AGES 8-17)
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.
8/24-9/23 M/W 5WK 5:45-6:30 p.m. 6861.301
10/5-11/4 M/W 5WK 5:45-6:30 p.m. 6862.301
11/16-12/16 M/W 5WK 5:45-6:30 p.m. 6863.301

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.
8/29-9/26 Sat 5WK 9:40-10:10 a.m. 6001.301
10/10-11/7 Sat 5WK 9:40-10:10 a.m. 6002.301
11/21-12/19 Sat 5WK 9:40-10:10 a.m. 6003.301

PARENT-TOT: AGES: 18 MONTHS TO 2 YEARS
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.
8/29-9/26 Sat 5WK 10:20-10:50 a.m. 6001.302
10/10-11/7 Sat 5WK 10:20-10:50 a.m. 6002.302
11/21-12/19 Sat 5WK 10:20-10:50 a.m. 6003.302

Swimming Registration Dates
The first day of registration for swimming lessons is for residents only and can only be done online. Non-resident and phone 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 Bison Ridge:
Session 1: 8/17-8/19
Session 2: 9/28-9/30
Session 3: 11/9-11/11

Swim Lesson Registration Dates for Eagle Pointe:
Session 1: 8/17-8/19
Session 2: 9/28-9/30
Session 3: 11/9-11/11

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, walking, immersion, and relaxation practices. High intensity and high volume activities, vigorous exercise, and rough play are highly discouraged.
• Family Swim times are offered Tuesday, Thursday, and Friday evenings from 5:30-7 p.m and 8-9:30 p.m. Reservations are required. Age restrictions apply. See pool rules for details.

Lap Pool
• Lap lanes are reserved for lap swimming only. Reservations are required.
• Open Side is available for water walking. Reservations are required. Face masks are strongly recommended.
• Open swim times are as follows:
  • Friday 5:30- 7 p.m and 8-9:30 p.m.
  • Saturday 2:30-4 p.m and 5-6:30 p.m.
  • Sunday 1-2:30 p.m and 3:30-5 p.m.
Steam Room will remain closed.

Swimming Lesson Fees

MON/WED AND TUE/THU 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
DANCE

The age range included with dance class descriptions is a general guideline. Instructors will recommend the appropriate class level for students based on their skills. Students who start in one class might be asked to move to a different class in an effort to match abilities. Due to COVID-19 and social distancing requirements there will not be an end of session performance. 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.

**Age 3**
- Tue 9/15-12/8 5:30-6 p.m. 1001.301 EP
  - by 9/8 $60/$70 on 9/9 $70/$80
  - *No class 10/27.

**Age 4**
- Tue 9/15-12/8 6-6:30 p.m. 1001.302 EP
  - by 9/8 $60/$70 on 9/9 $70/$80
  - *No class 10/27.

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**
- Tue 9/15-12/8 6:30-7:15 p.m. 1101.301 EP
  - by 9/8 $68/$78 on 9/9 $78/$88
  - *No class 10/27.

- Tue 9/15-12/8 7:15-8:00 p.m. 1101.302 EP
  - by 9/8 $68/$78 on 9/9 $78/$88
  - *No class 10/27.

INTERMEDIATE
**Ages 7-8**
- Tue 9/15-12/8 8:00-8:30 p.m. 1121.301 EP
  - by 9/8 $60/$70 on 9/9 $70/$80
  - *No class 10/27

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

**Beginning, Ages 7-10**
- Tue 9/15-12/8 6-7 p.m. 1251.301 BR
  - by 9/8 $81/$91 on 9/9 $91/$101
  - *No class 10/27.

- Wed 9/16-12/9 5:30-6:30 p.m. 1201.301 EP
  - by 9/8 $81/$91 on 9/9 $91/$101
  - *No class 10/28.

**Intermediate Level, Ages 11-16**
- Tue 9/15-12/8 7-8 p.m. 1211.301 BR
  - by 9/8 $81/$91 on 9/9 $91/$101
  - *No class 10/27.

- Wed 9/16-12/9 6:30-7:30 p.m. 1261.301 EP
  - by 9/8 $81/$91 on 9/9 $91/$101
  - *No class 10/28.

Ballet Basics
**Age 3**
Ballet Basics emphasizes coordination, musicality, basic skills, classroom etiquette, and a love for dance while teaching early ballet steps.

- Mon 9/14-12/7 6:30-7 p.m. 1651.301 BR
  - by 9/8 $60/$70 on 9/9 $70/$80
  - *No class 10/26.

**Age 4**
Ballet Basics emphasizes coordination, musicality, basic skills, classroom etiquette, and a love for dance while teaching early ballet steps.

- Mon 9/14-12/7 7:30 p.m. 1651.302 BR
  - by 9/8 $60/$70 on 9/9 $70/$80
  - *No class 10/26.
FAMILY PROGRAMS

TRY’N ESCAPE
Work together to solve puzzles and unlock secrets. A little brainpower and a lot of teamwork required.

Ages 6-10 with an adult
9/18 F 6-7:30 p.m. $5/$9/person 7051.301 BR
9/30 W 6-7:30 p.m. $5/$9/person 7001.302 EP

FAMILY PAINT PARTY
Discover your artistic side as you create a masterpiece with your loved ones. Canvases, paintbrushes, paints, and instruction provided by Gallery on the Go!

Ages 6+ with an adult
10/9 F 6-8p.m. $14/$18/person 7051.301 BR
10/21 W 6-8p.m. $14/$18/person 7002.302 EP

MINUTE TO WIN IT
Work together as a family to complete a series of challenging tasks in 60 seconds or less!

11/13 F 6:30-8 p.m. $5/$9/person 7053.301 BR
11/18 W 6:30-8 p.m. $5/$9/person 7003.302 EP

HOLIDAY MOVIE NIGHT
Join us for a night of family fun as we watch a classic holiday movie. Pizza dinner and snacks provided.

12/11 F 6-8 p.m. $5/$9/person 7054.301 BR
12/16 W 6-8 p.m. $5/$9/person 7004.301 EP

WILDERNESS 101
Learn the basics of wilderness survival including shelter building, orienteering, first aid, and knot tying.

Ages 6+ with an adult
9/5-9/26 Sat 11 a.m.-noon $14/$18 7001.301 EP

FAMILY FISHING FRENZY
The tentative date for Fishing Frenzy is Saturday, September 26. More information will be posted on our website. See our website at www.c3gov.com/recreation for more information.

STITCH AND STRING
Learn basic cross stitching, weaving, string art, and embroidery. Each class we start a new project, then send home supplies so you can keep working.

Ages 6+ with an adult
10/6-10/27 Tu 6-7 p.m. $14/$18 7002.301 EP

CREATIVE CAKES
Learn all the basics of the sweet life of cake decorating including piping buttercream, cutting and painting fondant, and cake design.

Ages 6+ with an adult
11/7-11/21 Sat 10 a.m.-12 p.m. $14/$18 7003.301 EP
**PRESCHOOL AGED PROGRAMS**

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

**Ages 3-5**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price 1</th>
<th>Price 2</th>
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<td>$12</td>
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</table>

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

<table>
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<tr>
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**Ages 3.5-6**

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<td>9:15-10 a.m.</td>
<td>$33</td>
<td>$44</td>
<td>7453.301</td>
</tr>
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</table>

### TINY TREKS
Together, we lift up logs and count ants, explore our senses, dig in the mud, and, most importantly, nurture curiosity and instill a love of the natural world.

**Ages 3-5**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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### SCIENCE MATTERS: WEATHER
Join us for classes about weather that fill us with wonder! Explore windsocks and our wind tunnel, make Insta Snow, and discover rainbows.

**Ages 3-5**

<table>
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<tr>
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<th>Price 2</th>
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### PRESCHOOL YOGA
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.

**Ages 3-6**

<table>
<thead>
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<th>Price 2</th>
<th>BR Code</th>
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<td>9-10 a.m.</td>
<td>$40</td>
<td>$45</td>
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### ART AND STORY ADVENTURES
Each week we pair a favorite children’s story with fun songs, finger plays and crafts.

**Ages 3-5**

<table>
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### DISCOVERY KIDS
Different themes and activities each week. All classes are interactive and hands-on fun!

**Ages 3 – 5**

**Eagle Pointe**

<table>
<thead>
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<tbody>
<tr>
<td>9/1 – 9/3</td>
<td>10:00 a.m. – Noon</td>
<td>$30</td>
<td>$40</td>
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<tr>
<td>9/8 – 9/10</td>
<td>Our Parks</td>
<td>$30</td>
<td>$40</td>
<td>7101.302</td>
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<tr>
<td>9/15 – 9/17</td>
<td>Bears and Honey</td>
<td>$30</td>
<td>$40</td>
<td>7101.303</td>
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<tr>
<td>9/22 – 9/24</td>
<td>Autumn Fun</td>
<td>$30</td>
<td>$40</td>
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**Bison Ridge**

<table>
<thead>
<tr>
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<th>Time</th>
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<tbody>
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<td>So Many Apples</td>
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<td>$40</td>
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<tr>
<td>9/15 – 9/17</td>
<td>Bears and Honey</td>
<td>$30</td>
<td>$40</td>
<td>7153.301</td>
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<tr>
<td>9/22 – 9/24</td>
<td>Fall/Nature Fun</td>
<td>$30</td>
<td>$40</td>
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**Discovery Kids**

**Eagle Pointe**

<table>
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<td>9/8 – 9/10</td>
<td>Our Parks</td>
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<td>$40</td>
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<tr>
<td>9/15 – 9/17</td>
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<td>$30</td>
<td>$40</td>
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<tr>
<td>9/22 – 9/24</td>
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<td>$30</td>
<td>$40</td>
<td>7101.304</td>
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<tr>
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<td>Safety Week</td>
<td>$30</td>
<td>$40</td>
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<tr>
<td>10/6 – 10/8</td>
<td>Olympics and Games</td>
<td>$30</td>
<td>$40</td>
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<td>10/9 – 10/15</td>
<td>African Safari</td>
<td>$30</td>
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<td>Silly Halloween</td>
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<td>$40</td>
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<tr>
<td>10/27 – 10/29</td>
<td>Pajamas and Teddy Bears</td>
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<td>$40</td>
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<td>Giving Thanks</td>
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<td>$40</td>
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<td>Spirit Week</td>
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<td>12/1 – 12/3</td>
<td>When I Grow Up</td>
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<td>Holiday Happenings</td>
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FITNESS

Drop-In Group Fitness Classes
(Bison Ridge & Eagle Pointe)

We are offering a modified schedule of drop-in classes this fall season. Some of our classes will be virtual, some will be outside (weather permitting), and some will be in the studios. All in-person classes, whether outside or in the studios, will be limited in space with social distancing in place. All in-person classes will be preregistered. Please visit our website c3gov.com/fitness for virtual class links, and the in-person class schedule with more details on how to register.

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 are 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
Our Silver Sneaker classes are geared toward our older active adult population. You do not need to be a member of Silver Sneakers in order to take our Silver Sneaker classes. This fall season, our Silver Sneaker classes will be held virtually for the safety of our participants. You can find all the Silver Sneaker classes* and links to the virtual classes at c3gov.com/fitness.

WEIGHT TRAINING
Experience a full body strength training workout 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 Pilates classes that focus on strengthening and toning your whole body.

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

ASK ABOUT OUR RECREATION SCHOLARSHIP PROGRAM ASSISTANCE WHEN REGISTERING FOR CLASSES OVER $21. SOME EXCLUSIONS APPLY.
FITNESS AND WELLNESS SUMMER PROGRAMS

TAI-CHI (VIRTUAL)
This class helps beginners to Tai-Chi learn the 24 Yang style forms. Stimulate the body, mind and as you flow into forms with breath, balance and focus.
9/9-9/30 W 6:30-7:30 p.m. $35/$40 3371.301 Virtual

GUIDED MEDITATION/RESTORATIVE YOGA (VIRTUAL)
Guided Meditation and Restorative Yoga 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.

SET, ATTAIN, GOAL! (VIRTUAL)
In this interactive group, led by Wellness Coach, Mariel Cheek, explore how to create motivating goals and be successful in meeting them. We begin with a two-week intro/ prep. (Tues. and Thurs. from 6-7 p.m.). The third week, we will drop down to just one day a week (you choose either Tues. or Thurs., 6-7 p.m.). Here, you get the opportunity to set a small goal to practice what you are learning. Come ready to share about your experiences and learn from others. Leave with some self-discovery & skills that can continue to influence a positive lifestyle long after we end.
9/15 –10/22 Tu/Th 5:30-6:30 p.m. $60/$65 3951.301 Virtual

BUILD BOOT CAMP
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!
9/8-10/8 Tu/Th 5:15-6:15 p.m. $70/$75 3451.301 Virtual
10/20-11/19 Tu/Th 5:15-6:15 p.m. $70/$75 3452.301 Virtual

PRESCHOOL YOGA
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.
9/23-11/11 W 5:30-6:30 p.m. $85/$90 3161.301 BR

PHYS. ED. FUN
Ages 7-11
Whether your children are home-schooled or learning virtually this school year, this class is for kids to learn the importance of exercise and fitness through fun games and friendly competition. It’s like an hour of gym class! We hope that it will get their heart rates up, positively channel their energy, and build lifelong, healthy habits.
9/9-9/30 W 10-11 a.m. $40/$45 3263.301 BR
10/14-11/4 W 10-11 a.m. $40/$45 3264.301 BR

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 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.
10/6 - 10/27 Tu Noon-1:00 p.m. $25/$30 3171.301 BR
11/3-11/24 Tu Noon-1:00 p.m. $25/$30 3172.301 BR

BRENE BROWN’S GIFTS OF IMPERFECTION BOOK CLUB
“Let go of who you think you’re supposed to be and embrace who you are.”-Brene Brown. In this 6 week book club you will read the Gifts of Imperfection, a powerful and inspiring book that explores how to cultivate the courage, compassion, and connection to embrace your imperfections and to recognize that you are enough. Dive into discussion questions and tap into your artistic side with some art journaling, led by Certified Wellness Coach, Mariel Cheek.
9/8-10/10 Tu 11:30 a.m.-12:30 p.m. $75/$80 3951.302 Virtual
9/8-10/10 Tu 6:45-7:45 p.m. $75/$80 3951.303 Virtual
10/27-12/1 Tu 11:30 a.m.-12:30 p.m. $75/$80 3951.304 Virtual
10/27-12/1 Tu 6:45-7:45 p.m. $75/$80 3951.305 Virtual

FALL FITNESS CHALLENGE
Our Fall Fitness Challenge is for anyone trying to get healthy, workout regularly, eat a nutritious diet, feel good inside and out! You will get personalized workouts each week to do on you time, in your own space; receive nutrition guidance, healthy food suggestions and be held accountable by a certified personal trainer. While this class is mostly individual, you will come into Bison Ridge for weekly weigh-ins and be in communication with the trainers and other participants to cheer and encourage you!
9/9-9/30 Tu 6:30-7:30 p.m. $25/$30 3371.301 BR

DIABETES SELF-EMPOWERMENT PROGRAM
For adults (18+) who have been diagnosed with Type 2 Diabetes. Their family, friends, and caregivers are also welcome to attend. The in-person classes are delivered in four 2-hour sessions. The Virtual Classes are delivered in eight 1-hour sessions. These classes cover a variety of topics to provide participant with tools to help them optimally manage their blood sugars and diabetes. Topics include a review of the disease process, incorporating physical activity, healthy eating, using medications effectively, monitoring your blood sugars, prevention of complications, and building a support system.
Free virtual class begins Wednesday 10/7 at 6-7 p.m. Call 720-266-2971 or visit www.tchd.org/diabetes to register.
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.
Beginning level classes focus on movement.
Registration for parent-taught and pre-gymnastics starts October 26 for Residents, October 28 for Non-Residents.

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

**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.

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<tr>
<td>by 11/3 $24/$34</td>
<td>on 11/4 $34/$44</td>
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**PRE-GYMNASICS**
**Ages 4-5 (With Parent or Guardian to help with social distancing)**
Instructors introduce children to basic gymnastics using all types of equipment in this coed class. Boys and girls will explore how their bodies move using songs, balls and parachutes. This class helps children improve coordination, motor skills, self-confidence and listening skills.

<table>
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</tbody>
</table>

Early registration for beginning, advanced beginning and intermediate class levels starts August 25th for residents and August 27th for non-residents for session 1, ending on September 8. Starting September 9, 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 October 26 for residents and October 28 for non-residents, ending on November 3. Starting on November 4, 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 rates.

**BEGINNING GYMNASICS**
**Ages 6-17**
This class helps youth develop sound mechanical skills, coordination and strength. Gymnasts receive basic instruction in tumbling and all gymnastic apparatus.

<table>
<thead>
<tr>
<th>Mon 9/14-10/19  4-5 p.m.</th>
<th>2301.301</th>
</tr>
</thead>
<tbody>
<tr>
<td>by 9/8 $25/$35</td>
<td>on 9/9 $35/$45</td>
</tr>
<tr>
<td>Tue 9/15-10/20  4-5 p.m.</td>
<td>2301.302</td>
</tr>
<tr>
<td>by 9/8 $25/$35</td>
<td>on 9/9 $35/$45</td>
</tr>
<tr>
<td>Sat 9/19-10/24  9-10 a.m.</td>
<td>2301.303</td>
</tr>
<tr>
<td>by 9/8 $29/$39</td>
<td>on 9/9 $39/$49</td>
</tr>
<tr>
<td>Sat 9/19-10/24  9-10 a.m.</td>
<td>2301.304</td>
</tr>
<tr>
<td>by 9/8 $25/$35</td>
<td>on 9/9 $35/$45</td>
</tr>
<tr>
<td>Sat 9/19-10/24  Noon-1 p.m.</td>
<td>2301.305</td>
</tr>
<tr>
<td>by 9/8 $25/$35</td>
<td>on 9/9 $35/$45</td>
</tr>
<tr>
<td>Mon 11/9-12/14  4-5 p.m.</td>
<td>2302.301</td>
</tr>
<tr>
<td>by 11/3 $25/$35</td>
<td>on 11/4 $35/$45</td>
</tr>
<tr>
<td>Mon 11/9-12/14  4-5 p.m.</td>
<td>2302.302</td>
</tr>
<tr>
<td>by 11/3 $25/$35</td>
<td>on 11/4 $35/$45</td>
</tr>
<tr>
<td>Sat 11/14-12/18  1:45-2:45 p.m.</td>
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</tr>
<tr>
<td>by 11/3 $25/$35</td>
<td>on 11/4 $35/$45</td>
</tr>
<tr>
<td>Sat 11/14-12/18  1:45-2:45 p.m.</td>
<td>2302.305</td>
</tr>
<tr>
<td>by 11/3 $25/$35</td>
<td>on 11/4 $35/$45</td>
</tr>
</tbody>
</table>

**ADVANCED BEGINNING GYMNASICS**
**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.

<table>
<thead>
<tr>
<th>Tue 9/15-10/20  4-5 p.m.</th>
<th>2311.301</th>
</tr>
</thead>
<tbody>
<tr>
<td>by 9/8 $25/$35</td>
<td>on 9/9 $35/$45</td>
</tr>
<tr>
<td>Tue 9/15-10/20  4-5 p.m.</td>
<td>2311.302</td>
</tr>
<tr>
<td>by 9/8 $25/$35</td>
<td>on 9/9 $35/$45</td>
</tr>
<tr>
<td>Sat 9/19-10/24  10:30-11:30 a.m.</td>
<td>2311.303</td>
</tr>
<tr>
<td>by 9/8 $25/$35</td>
<td>on 9/9 $35/$45</td>
</tr>
<tr>
<td>Sat 9/19-10/24  10:30-11:30 a.m.</td>
<td>2311.304</td>
</tr>
<tr>
<td>by 9/8 $25/$35</td>
<td>on 9/9 $35/$45</td>
</tr>
</tbody>
</table>
GYMNASTICS

19

[Table of class schedules and prices]

INTERMEDIATE GYMNASTICS

Ages 6-17

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

[Table of class schedules and prices]

CARA GIRLS GYMNASICS TEAM LEVEL 2

Ages 6-17

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

[Table of class schedules and prices]

CARA GIRLS GYMNASICS TEAM COMPULSORY

LEVEL 3 AND 4

Ages 6-17

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.

Groups

C1 – 8 girls

Mon/Wed 5:30-7 p.m.  9/7-9/30  2401.301
$67/$77  4 wks
10/5-10/28  2402.301
11/2-11/25  2403.301
*11/30-12/16  2404.301
3 wks  *$50/$60

C2 – 8 girls

Mon/Fri  5:30-7 p.m.   9/7-10/2  2401.302
$67/$77  4 wks
10/5-10/30  2402.302
11/2-11/27  2403.302
*11/30-12/18  2404.302
3 wks  *$50/$60

C3 – 8 girls

Tue/Thu  5:30-7 p.m.  9/8-10/1  2401.303
$67/$77  4 wks
10/6-10/29  2402.303
11/3-11/26  2403.303
*12/1-12/17  2404.303
3 wks  *$50/$60

C4 – 8 girls

Tue/Thu  5:30-7 p.m.   9/8-10/1  2401.304
$67/$77  4 wks
10/6-10/29  2402.304
11/3-11/26  2403.304
*12/1-12/17  2404.304
3 wks  *$50/$60

C5 – 8 girls

Wed/Fri  5:30-7 p.m.   9/9-10/2  2401.305
$67/$77  4 wks
10/7-10/30  2402.305
11/4-11/27  2403.305
*12/2-12/18  2403.305
3 wks  *$50/$60

CARA teams offer chance to compete in gymnastics
Registration for all CARA team level programs start April 6. There is an additional $10 charge to register for classes within one week of the start date. To enjoy the fees listed below, register early.
CARA GIRLS GYMNASTICS TEAM OPTIONAL LEVELS
Ages 6-17
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.

Groups
O1 – 8 girls
Mon/Wed 7:30-9 p.m.  9/7-9/30  2411.301
$67/$77  4 wks
10/5-10/28  2412.301
11/2-11/25  2413.301
*11/30-12/16  2414.301
3 wks  *$50/$60

O2 – 8 girls
Mon/Fri 7:30-9 p.m.  9/7-9/30  2411.302
$67/$77  4 wks
10/5-10/28  2412.302
11/2-11/25  2413.302
*11/30-12/16  2414.302
3 wks  *$50/$60

O3 – 8 girls
Tue/Thu  7:30-9 p.m.  9/8-10/1  2411.303
$67/$77  4 wks
10/6-10/29  2412.303
11/3-11/26  2413.303
*12/1-12/17  2414.303
3 wks  *$50/$60

O4 – 8 girls
Tue/Thu  7:30-9 p.m.  9/8-10/1  2411.304
$67/$77  4 wks
10/6-10/29  2412.304
11/3-11/26  2413.304
*12/1-12/17  2414.304
3 wks  *$50/$60

O5 – 8 girls
Wed/Fri  7:30-9 p.m.  9/8-10/1  2411.305
$67/$77  4 wks
10/6-10/29  2412.305
11/3-11/26  2413.305
*12/1-12/17  2414.305
3 wks  *$50/$60

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.
Fri  9/18-10/23  4-5 p.m.  2351.301
By 9/8 $25/$35  on 9/9 $35/$45
Fri  11/13-12/18  4-5 p.m.  2352.301
by 11/3 $25/$35  on 11/4 $35/$45

BOYS ADVANCED
Ages 6-17
This class continues the development of skills to form more advanced combinations preparing boys for competitive gymnastics. Boys receive instruction in tumbling and all male gymnastic apparatus.
Fri  9/18-10/23  4-5 p.m.  2361.301
by 9/8 $25/$35  on 9/9 $35/$45
Fri  11/13-12/18  4-5 p.m.  2362.301
by 11/3 $25/$35  on 11/4 $35/$45

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

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

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

Class Level Coach
30-minute private lesson (1 person) $20/$30
One-hour private lesson (1 person) $34/$44
One-hour semi-private lesson (up to 3 people) $24/$34 per person

ASK ABOUT OUR RECREATION SCHOLARSHIP PROGRAM ASSISTANCE WHEN REGISTERING FOR CLASSES OVER $21. SOME EXCLUSIONS APPLY.
Commerce City is home to 20 parks, 25 miles of trails, more than 840 acres of open space, and a world-class golf course. With these recreation opportunities and a national wildlife refuge that’s in the city’s backyard, Commerce City has something for everyone.

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

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.

Veterans Memorial Park Renovation Complete
New park is the city’s first all-inclusive outdoor space.

Work on the Veteran’s Memorial Park is complete! The park recently underwent renovations to become the first all-inclusive park in Commerce City, opening on August 22, 2020.

Amenities include:
• All-inclusive playground and nature playground
• Labyrinth for reflection and exercise
• ADA-accessible features such as sidewalk ramps and picnic tables
• Sheltered picnic areas with electricity
• Raised landscape beds for educational youth programs
• Native landscaping and entryway plaza
• Restrooms

Learn more about the project at c3gov.com/qcl.
# Parks and Trails

City Offers 20 Parks with Many Amenities

<table>
<thead>
<tr>
<th>Share your parks and trails photo on Facebook &amp; Instagram by tagging us at #commercecityrec.</th>
<th>AMENITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Skate Park</strong></td>
<td><strong>Sprayground</strong></td>
</tr>
<tr>
<td>VETERANS MEMORIAL PARK 6015 Forest Dr.</td>
<td></td>
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<tr>
<td>FAIRFAX PARK 6850 Fairfax Dr.</td>
<td></td>
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<tr>
<td>MONACO PARK 5790 Monaco St.</td>
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<tr>
<td>PIONEER PARK 5950 Holly St.</td>
<td></td>
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<tr>
<td>FREEDOM PARK 6330 Oneida St.</td>
<td></td>
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<tr>
<td>FRONTERRA PARK 10020 Joplin St.</td>
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<tr>
<td>FIRST CREEK DOG PARK 10100 Havana St.</td>
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<tr>
<td>LOS VALIENTES PARK 7300 Magnolia St.</td>
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<tr>
<td>RIVER RUN PARK 11515 Oswego St.</td>
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<tr>
<td>STAMPEDE PARK 11755 Fairplay St.</td>
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<tr>
<td>TURNBERRY PARK 10725 Wheeling St.</td>
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<tr>
<td>VILLAGES EAST PARK 11698 Chambers Rd.</td>
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<tr>
<td>GIFFORD PARK 6120 Monaco St.</td>
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<tr>
<td>JOE REILLY PARK 6401 E. 72nd Pl.</td>
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<tr>
<td>LEYDEN PARK 5430 Leyden St.</td>
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<tr>
<td>MONACO VISTA 6250 Monaco St.</td>
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<tr>
<td>OLIVE PARK 6275 Olive St.</td>
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<tr>
<td>ROSE HILL GRANGE PARK 4051 E. 68th Ave.</td>
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<tr>
<td>ADAMS HEIGHTS PARK 6625 Brighton Blvd.</td>
<td></td>
</tr>
<tr>
<td>URQUIDEZ-CENTENNIAL PARK 7735 Monaco St.</td>
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</tbody>
</table>
**COMMERCE CITY YOUTH SPORTS**

**DEVELOP TEAMWORK**

**LEARN SPORTSMANSHIP**

**BUILD FRIENDSHIPS AND GET ACTIVE!**

**REGISTRATION**

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

All Youth Sports programming will require participants to be temperature checked, wear a mask and properly social distance at all times and until further notice.

**FALL VOLLEYBALL - LEAGUE CANCELLED, CAMPS ONLY**

**Youth Volleyball Grades 2-8**

This exciting and challenging program develops the basic fundamentals of volleyball, along with promoting teamwork and sportsmanship. Participants meet once a week for 3 weeks. We will have up to 10 participants in each group. We will be requiring masks to be worn at all times and proper social distancing will be practiced.

Participants will be grouped by grades:
- 2nd-4th
- 5th-6th
- 7th-8th

<table>
<thead>
<tr>
<th>Grades: 2nd-8th 5011.301</th>
<th>Registration Deadline: 9/16</th>
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</thead>
<tbody>
<tr>
<td>Start Date: Week of 9/21</td>
<td>Early Bird 9/9 $35/$45</td>
</tr>
<tr>
<td>After 9/9 $40/$50</td>
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</tbody>
</table>

**YOUTH WIFFLEBALL LEAGUE**

Wiffleball is a sport that runs much like baseball, however it to be played on a smaller field with less participants and equipment. This will allow for safer playing opportunities for our participants while still following social distancing guidelines.

For youth ages 11-14 year olds (11-12, 13-14 year old age divisions). 4 person teams with about an hour of game play each night. All games played at Pioneer Park.

Commerce City residents join today to enhance your baseball skills and have fun with your friends in a recreational, safe, and positive environment. Please check teamsideline.com/commercecity for more information.

<table>
<thead>
<tr>
<th>Registration Deadline: 9/10 XXXX.XXX</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start Date: Week of 9/14</td>
</tr>
<tr>
<td>Registration Fee: $40/$50</td>
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</table>

**YOUTH E-SPORTS LEAGUE**

Youth ages 10-14 come join us at the Eagle Pointe Recreation Center on Wednesday evenings to play Madden football in a fun competition versus your friends in a safe, positive, and supervised environment.

Season will allow for at least 10 games to be played for each participant. Masks and social distancing required at all times.

We will be playing on the Playstation 4 with all equipment provided by the recreation center. Please check teamsideline.com/commercecity for more E-sports information.

<table>
<thead>
<tr>
<th>Wednesday Evenings Eagle Pointe Recreation Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Deadline: 9/17</td>
</tr>
<tr>
<td>Registrations Fees: $30/$40</td>
</tr>
</tbody>
</table>

**WEATHER HOTLINE:**

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

**Registration Information**

The parks and recreation department forms teams based on school boundaries; parents please be sure to register your child for the public elementary school he or she attends or that is in your home boundaries. 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 requests after the deadline will be put on a waitlist. After the registration deadline, waitlisted players may be added to a team if a player drops out before mid-season. Registrations and waitlisted players are on a first-come, first-serve basis. During the season, teams use local schools’ fields or gyms for practice. When there are conflicting uses, recreation staff will work to arrange an alternate location; however, practices may be canceled in rare cases. City staff makes every effort to find coaches for each team. If unable to find a coach, a staff member will run the first practice with assistance from the players’ parents. If a coach is not found prior to the first scheduled game, the team may be cancelled. This is always the last resort, so parents please help us find that perfect coach. If you know someone who is interested in coaching, please pass along contact information to Nic Jones at 303-289-3705.

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 children 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.

Make a difference and coach youth sports

The Commerce City Parks, Recreation and Golf department relies on volunteers to coach youth sports. All it takes to be a successful coach in the program is a willingness and desire to help children. You can ensure each child has a great experience in organized sports by learning the skills necessary for successful coaching through the National Youth Sports Coaches Association (NYSCA). All coaches for Commerce City youth athletic programs complete NYSCA classes at the recreation center. These classes are provided free of charge for all volunteers. NYSCA teaches coaches how to ensure that each child participating in a sports program has fun, shows progress in the sport, and ultimately, wants to come out and play again. If you are ready to be a youth sports coach or would like additional information please contact the Youth Sports Coordinator Nic Jones at 303-289-3705.

Officials, we need you!

Are you a referee? Do you want to become a referee? Commerce City is now looking for referees for the fall flag football season. Games are Thursday evenings beginning in September. A free clinic will be held prior to the season; this course is for the beginner, as well as the experienced referee. It covers rules, mechanics, techniques, policies and procedures. Lecture and field techniques will also be included in the training. We are also beginning to look for basketball referees and baseball umpires. Please call Nic Jones for more information at 303-289-3705.

This local nonprofit organization augments the city’s services, providing sports experiences to all interested youth with low cost registration fees for tackle football, girls’ softball and cheerleading. CCYA’s mission is to teach children the importance of commitment, discipline and teamwork. Programs are designed to promote physical and mental health, as well as create pride in the community. For more information, visit www.leaguelineup.com/ccyaraiders or contact the specific sport director below. All equipment is provided by CCYA for use during season (must be returned at end of program).

RAIDERS TACKLE FOOTBALL (FALL)
Ages 6-14
Commerce City’s oldest youth sports provider, a very successful private youth sports program that offers youth tackle football for ages 7 through 13. Equipment will be provided for use throughout the season. Practices are held 3 times per week after school at local facilities. Games take place on Saturdays throughout the Northern Metro Area.

Registrations: July
Season: Aug.-Nov.
Director: Chuck Ingram, 303-286-7669

LADY RAIDERS - CHEERLEADING SQUAD (FALL)
Ages 5-14
Commerce City’ youth athletic programs complete NYSCA classes at the recreation center. These classes are provided free of charge for all volunteers. NYSCA teaches coaches how to ensure that each child participating in a sports program has fun, shows progress in the sport, and ultimately, wants to come out and play again. If you are ready to be a youth sports coach or would like additional information please contact the Youth Sports Coordinator Nic Jones at 303-289-3705.

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Registrations: July
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Registrations: July
Season: Aug.-Nov.
Director: Kathy Eggleston, 303-419-2584

GIRLS SOFTBALL (SPRING)
Ages 5-18
Commercial City’s oldest youth sports provider, a very successful private youth sports program that offers youth tackle football for ages 7 through 13. Equipment will be provided for use throughout the season. Practices are held 3 times per week after school at local facilities. Games take place on Saturdays throughout the Northern Metro Area.

Registrations: July
Season: Apr.-June
Director: Roger Comer, 303-210-5676 or email rogercomer33@gmail.com
ADAMS CITY WRESTLING CLUB
The ACWC provides opportunities for all youth to develop their wrestling skills to the highest level possible. Practices are held Monday through Thursday in the evening at Adams City High School and matches take place on weekends throughout the greater metro-Denver area. ACWC participates in the Western Suburban League.

Ages 4-14

Registration: Ongoing
Season: Nov.-Mar.

Director: Tim Lucero at 970-381-5020 or email AdamsCityWrestlingClub@aol.com

ROCKY MOUNTAIN THUNDERHAWKS
Football Association (fall)
Youth in grades 1-8 can play youth competitive tackle football. All coaches are USA Football Heads Up Certified. Teams practice three times per week in the Commerce City area. Games are played throughout the greater Denver metro area. Conditioning and fundamental camps are provided throughout the summer for all youth; even those in other leagues.

President: Courtney Vance at 720-616-9757 or email through the website www.thunderhawkfootball.com

BRIGHTON YOUTH BASEBALL ASSOCIATION (BYBA)
Competitive Baseball (SPRING & FALL)
Four different levels of competitive baseball including Major, AAA, AA, and A. Games are played in Brighton, Commerce City, and the greater metro-Denver area.

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

Ages 7-14
For more information visit: www.brightonyouthbaseball.com or Contact Gordon Lancaster at 720-273-7933.

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.

<table>
<thead>
<tr>
<th>Sports League</th>
<th>Info Available</th>
<th>League Begins</th>
<th>League Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Softball</td>
<td>July</td>
<td>August</td>
<td>October</td>
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<tr>
<td>Winter Basketball</td>
<td>December</td>
<td>January</td>
<td>March</td>
</tr>
<tr>
<td>Winter Volleyball</td>
<td>December</td>
<td>January</td>
<td>March</td>
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</tbody>
</table>

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

FALL SOFTBALL LEAGUE - COED
Looking for a fun outdoor activity in the fall? Teams are made up of an even number of men and women. Leagues are scheduled to start soon. Call 303-289-3706 to see if there are last-minute openings. Games will be played at Pioneer Park.

Wednesday nights 8/5 - 10/7

COED E-Rec $550/$575 (10 Games)

FALL SOFTBALL LEAGUE - MEN’S
Be a part of the fun this fall and join a men’s evening softball league. Games beginning in August. Leagues are scheduled to start soon. Call 303-289-3706 to see if there are last-minute openings. Games will be played at Pioneer Park.

Tuesday nights 8/4 - 10/6

Men’s E-Rec $550/$575

Thursday nights 8/6 - 10/8

Industrial E-Rec $550/$575

Leagues starting in January at Bison Ridge

MEN’S ADULT BASKETBALL LEAGUE
WEDNESDAY NIGHTS
*Subject to change

COED VOLLEYBALL LEAGUE
MONDAY NIGHTS
*Subject to change
**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

<table>
<thead>
<tr>
<th>Fee:</th>
<th>$1.50 for 15 pitches</th>
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<tbody>
<tr>
<td></td>
<td>$20 – punch card good for 15 tokens</td>
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<tr>
<td></td>
<td>$25 per half-hour (one stall)</td>
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<tr>
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<td>$40 per hour (one stall)</td>
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</tbody>
</table>

**Spring hours, 5/9-5/23**
- Mon–Fri, 4-8 p.m.
- Sat-Sun, noon-5 p.m.

**Summer hours, 5/24-8/2**
- Mon–Fri, 3-8:30 p.m.
- Sat-Sun, Noon-8 p.m.

**Fall hours, 8/3-10/4**
- Mon–Fri, 4-8 p.m.
- Sat-Sun, noon-5 p.m.

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

**Safety equipment**

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

**Tennis Courts**

Two tennis courts are available for public use after school hours and on weekends. Please note that school programs have the first priority use of the courts.

- Adams City High School, 7200 Quebec Pkwy.
- Prairie View High School, 12909 E. 120th Ave.

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**Athletic facility rentals**

An athletic facility may be rented by individuals or by a group hosting a tournament, game or practice. To reserve a facility, call 303-289-3706.

**Pioneer Park, 5902 Holly St.**
- Four multipurpose baseball/softball fields with lights (Game fields, w limited practices) (batting cages on site).

**Fairfax Park, 6850 Fairfax St.**
- Three multipurpose baseball/softball fields (Game or practice fields).

**Municipal Services Center, 8602 Rosemary St.**
- Two multipurpose football/soccer fields (Game fields).

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

**River Run Park, 11515 Oswego St.**
- Two multipurpose Football/Soccer Fields (Practice fields)

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

**Turnberry Park, 10725 Wheeling St.**
- Three Multipurpose football/soccer fields (Practice Fields)

**Villages East Park, 11698 Chambers Rd.**
- One multipurpose baseball/softball field (Practice field).
YOUTH PROGRAMS

KIDZ ONLY
Ages 6-10
Parents need a night off. Join us for Kidz Only. We play games, make crafts, and build friendships.

9/11 F 6-8:30 p.m. $10/$12 7551.301 BR
10/2 F 6-8:30 p.m. $10/$12 7552.301 BR
11/6 F 6-8:30 p.m. $10/$12 7553.301 BR
12/4 F 6-8:30 p.m. $10/$12 7554.301 BR

100 THINGS TO DO BEFORE YOU’RE 12
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.

9/7-9/28 M Noon-2 p.m. $30/$40 7651.302 BR

3D MODELING
Ages 7-10
Build a foundation in 3D modeling by designing simple creations using a variety of kid friendly software.

9/2-9/23 W 4-5 p.m. $30/$40 7651.301 BR

PHYS. ED. FUN
Ages 7-12
Whether your children are home schooled or learning virtually this school year, this class is for kids to learn the importance of exercise and fitness through fun games and friendly competition. It’s like an hour of gym class! We hope that it will get their heart rates up, positively channel their energy, and build lifelong, healthy habits.

9/9-9/30 W 10-11 a.m. $40/$45 3263.301 BR
10/14-11/4 W 10-11 a.m. $40/$45 3264.301 BR

SCIENCE MATTERS: BRISTLE BOTS
Ages 6-10
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. Finally, put all your knowledge to the test to engineer the perfect Robot Critter to take home.

10/5-10/26 M 11 a.m.-Noon $30/$40 7652.302 BR

VIDEO GAME DESIGN
Ages 8-12
From program navigation to spatial planning and game mechanics to story development, explore the basics of video game design on a Raspberry Pi.

10/14-11/18 W 4-5 p.m. $35/$45 7653.302 BR

MASTERPIECE MANIA
Ages 6-10
Unleash your creativity as you study the lives, styles, and techniques of art masters. Then recreate some of their most famous pieces, giving each your own unique twist.

11/2-11/23 M 6-7 p.m. $60/$75 7602.301 EP
11/7-11/28 W 4-5 p.m. $60/$75 7652.302 BR

CLAY CREATIONS
Create wonderful works of art with clay, paint and other mediums to discover our creative side with instructors from Downtown Aurora Visual Arts.

11/2-11/23 M Noon-2 p.m. $35/$45 7653.301 BR

TEEN PROGRAMS

VIRTUAL: COOKING WITH A COP
Ages 11-17
Get a little messy from the safety of your own kitchen and learn hands on how to create healthy and delicious food with your local police officers.

10/17 Sa 11 a.m. - 1 p.m. FREE 7851.304
12/21 M 11 a.m.- 1 p.m. FREE 7851.305

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.

September Fahrenheit 451  7801.308
October Murder on the Orient Express 7801.309
November The Giver  7801.310

BOXING
Ages 11-17
Boxing is fun, builds self-confidence and teaches self-discipline. Transportation to and from the gym is provided from Eagle Pointe Recreation Center and Bison Ridge Recreation Center. FREE for residents if participants meets attendance requirements. Check website for updates. Visit c3gov.com/recreation for more details

9/21 M 5:30-8:30 p.m. $5/$10 7851.301 BR
9/22 T 5:30-8:30 p.m. $5/$10 7801.301 EP

JOB SKILLS
Ages 14-17
Does the thought of getting your first job sounds terrifying? Learn the skills, knowledge and ability it takes to land your first job or master the one you are already in.

9/21 M 5:30-8:30 p.m. $5/$10 7851.301 BR
9/22 T 5:30-8:30 p.m. $5/$10 7801.301 EP
COPS V. KIDS
Ages 9-17 FREE
Come see how you rank against the cops. Bring your friends and join in this friendly competition. Check in at 4:45 p.m. Visit c3gov.com/recreation for more details
9/18 F  Pioneer Park Kickball  7801.311
10/16 F  Fronterra Park Soccer  7801.312

HORSETREK- INTERMEDIATE
Ages 11-17
Have you participated in our Horsetrek program in previous years and love being on a horse? Join us for our new intermediate level with longer trail rides! Participants must have completed a previous Horsetrek program.
9/12-9/26 Sa  9 a.m.-5 p.m.  $100/$125  7801.303 EP

MIDDLE SCHOOL MADNESS
Grades 6-8
Party with your friends and make new ones with games, music, fun and prizes! Visit c3gov.com/recreation for more details
7:15-10 p.m.  No entry after 7:30 p.m. Saturdays  $2/person

Bison Ridge Recreation Center
11/07: Theme- Let’s Glow  7851.307

Eagle Pointe Recreation Center
10/3: Theme- Scare Fest  7801.314
12/5: Theme- Winter Candyland  7801.315

GOOD FOOD PROJECT
Grades 6-8
The Good Food Project will improve your confidence in the kitchen by teaching you how to cook food you love, in a fun and accessible way. Our classes are completely hands-on where you eat everything you made. You’ll leave with actionable skills that you can use right away to successfully cook each dish as is or change it up and make it your own.
10/5-10/26 M  3-5 p.m.  $55/$65  7751.301 BR
10/7-10/28 W  5-7 p.m.  $55/$65  7801.304 EP

WINTER WONDERLAND
Grades 6-8
Discover your artistic side with an afternoon of Winter crafting hosted by Gallery on the Go! All supplies and instruction are provided. Create a masterpiece with friends that you’ll be able to take home and cherish.
12/7-12/21 M  3-5 p.m.  $50/$60  7751.303 BR
12/9-12/23 W  5-7 p.m.  $50/$60  7801.306 EP

SOCIAL HUB: BISON RIDGE
Ages 11-17
Drop-in activities including a tech lab, Playstation, Nintendo Switch, crafts and board games.
Visit c3gov.com/recreation for more details

DROP IN: EAGLE POINTE
Ages: 11-17
Drop-in activities including billiards, Xr-game wall, XBOX One, Nintendo Switch, crafts and board games.
Saturdays hours are for 11-Adult
Visit c3gov.com/recreation for more details

Want to Get Involved? Now accepting applications for 2020/2021 School Year!

YOUTH AND TEEN ADVISORY COMMITTEE
YAC members are youth 11-17 who want to have fun and positively impact the community. As a YAC member, you have the chance to work with city leaders, participate in volunteer projects, speak your mind about issues, plan and implement activities and provide leadership for your community.

WOULD YOU LIKE TO BE A NEW YAC MEMBER?
We would love to have you join us for the 2020-2021 school year. Pick up an application at Eagle Pointe or Bison Ridge Recreation Center, or download one from our website at www.c3gov.com. Please call Ali Hall at 303-289-3674 with any questions.