



SAVE THE DATE 10 • 13 • 24 START TRAINING







Commerce City and the Colorado Rapids Present



THURSDAY, JULY 4
5-9 P.M.
DICK'S SPORTING GOODS PARK

- Inflatables
- Beer Garden
- Food Trucks
- DJ
- Rock Wall
- and More!

4th Fest is free and open to the public.
Tickets to the game are a separate cost.
Make sure to secure your tickets to the soccer match before they sell out!

For more information visit c3gov.com/4thfest

4TH FEST BEGINS AT 5, GAME KICK OFF AT 7:30 P.M. POST GAME FIREWORK SHOW











Dear Residents,

As we enter the vibrant summer season, the Commerce City Parks, Recreation, and Golf Department is thrilled to share the buzz of activity with all of you. Our department continues to lead in innovative programs and services in the metro area, providing exceptional recreational experiences and social enrichment opportunities that cater to the diverse needs of individuals of all ages and backgrounds. We take great pride in maintaining safe and inviting parks, trails, landscapes, and facilities for the community to enjoy.

Last year we launched the creation of a new Parks, Recreation, and Golf Master Plan, a comprehensive roadmap outlining key initiatives for the city's development over the next decade. After engaging with residents and seeking feedback, we are eager to present

this plan to the City Council for final approval. We are excited to bring to life the top priorities expressed by residents, including enhanced park amenities, cultural events, a new senior center at Bison Ridge Recreation Center, and more exciting projects on the horizon.

Our team has started developing a new Active Adult Center at Bison Ridge Recreation Center while introducing new programs. Although we are in the initial stages of planning the new Active Adult Center, we are thrilled to share this growth and will keep the public informed as the process unfolds.

This summer, we are dedicated to offering you the best in recreational, park, and golf experiences. From summer enrichment programs, fun in the sun at Paradice Island, and lively music with local bands at our Music in the Park series, there is something for everyone to enjoy. We are also expanding our outreach efforts to include informative sessions at concerts (Summer Shindig), providing residents with valuable local resources and opportunities to connect with your community.

Amid our expansion and busy activities, we are always seeking enthusiastic individuals to join our team as lifeguards, youth service leaders, fitness instructors, and more. We invite you to become part of our dynamic team and contribute to the enriching experiences we provide to our community.

As always, it is an honor to serve the wonderful residents of Commerce City, and we warmly welcome visitors to explore and enjoy our wide range of programs and facilities. Let's make this summer a memorable one filled with fun, growth, and community spirit together.

Wishing you all the best,

Chad Redin

Chad Redin
Director of Parks, Recreation, and Golf



BISON RIDGE RECREATION CENTER

13905 E. 112th Ave. Commerce City, CO 80022 Phone: 303-286-6800 Registration: 303-286-6801

EAGLE POINTE RECREATION CENTER

6060 E. Parkway Drive Commerce City, CO 80022 Phone: 303-289-3760 Fax: 303-289-3783 Registration: 303-289-3789

BISON RIDGE AND EAGLE POINTE HOURS

Mon-Fri: 5 a.m.-9:30 p.m. Sat: 7 a.m.-7 p.m. Sun: 8 a.m.-6 p.m.

ACTIVE ADULT CENTER AT EAGLE POINTE

Mon-Fri: 8 a.m.-4 p.m. Adult information: 303-289-3720

FACILITY CLOSURE DATES

April 28: Both Facilities closed

Staff Training

May 27: Both facilities closed

Memorial Day

July 4: Both facilities closed

Independence Day

Aug 19-Aug 31: Bison Ridge closed Annual Facility Maintenance

Sept 2-Sept 13: Eagle Pointe closed **Annual Facility Maintenance**

IMPORTANT NUMBERS

Athletic Weather Hotline:

303-289-3757

Active Adult Lobby Desk:

303-289-3756

Buffalo Run Golf Course:

303-289-1500

DEPARTMENT STAFF

Chad Redin

Parks, Recreation, and Golf Director

Tim Duda

Recreation Manager

Paul Hebinck

PGA, Golf Manager

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HOW TO READ THIS GUIDE

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

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

10/31-12/7 Tu/Th 6:30-8 p.m.

\$90/\$95 3802.302 EP

Date

Day of Week

Time

Fee

Activity Number

Location

BR = Bison Ridge Recreation Center

EP = Eagle Pointe Recreation Center

NEWS BRIEFS



Commerce City is bustling with construction activity across the city this summer as we work to renovate existing parks and build new ones. The upcoming months promise even more development as multiple parks throughout the city join progress ongoing projects.

"We understand that parks are not only important to the quality of life, but they are also assets that increase the city's desirability as a place to live, work, and play," said Parks Planner Traci Ferguson.

Monaco Park

Monaco Park is one of the oldest parks in the city and has been an important gathering place for area residents since the 1970s. The park is currently undergoing a major renovation to replace its aging amenities with new and updated ones. Monaco Park will remain closed throughout the summer and is expected to be finished this fall. New amenities include an inclusive playground, parking lot, flush restroom, and outdoor fitness court.



Earlier this year the asked to submit an official name for Oasis Park, one of two new parks being built to serve new neighborhoods south of E. 96th Avenue and west of Tower Road. City staff compiled the list of names and presented them to the Parks, Recreation, and Golf Advisory Committee. PRG Advisory Committee will recommend one name to City Council. The winning name will be announced this summer following the start of construction on the park this spring. This park will include a playground, shelter, open grassy area, restroom, and an outdoor education/overlook area.

Stampede Park

Located in the Villages at Buffalo Run West subdivision, the amenities at Stampede Park are now aging and the park is due for its first major renovation. Community members provided feedback last year through an online survey to select playground design preferences.

The winning design (pictured) has elements of a rustic theme. The new playground includes state-of-the-art playground equipment, a fox den hangout, footprint steppers, and a foxtrot multi-climber. Additional renovations will include a full basketball court, a new irrigation system, and an updated restroom. Work on the park renovation is expected to be completed by the end of the year.

These parks provide recreational opportunities designed to meet the needs of residents located within a 10-minute walk.

For more information about city parks and other city Capital Improvement Projects, visit c3gov.com/CIP.



REGISTRATION

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 or on city-owned facilities by anyone other than authorized Commerce City staff. City staff reserves the right to monitor workouts that appear to be commercial personal training sessions.

People with Disabilities

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

Refund Policy for Classes

- Full refunds will be considered only if initiated in writing more than five 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 two weeks for processing credits or refund checks.
- Credit card payments will be credited back to the charge account within seven 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% off each class session; proof of income or participation in government assistance programs is required. Commerce City residents only. A minimum \$21 program fee applies. Please visit our scholarship webpage at c3gov.com/prg-scholarships, or call 303-286-6837 for more information.

REGISTRATION



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.

RECREATION CENTER FEES

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

Resident Rates	20-Visit	Monthly	Annual
Individual Adult, 18–61 yrs	\$64	\$32	\$200
Individual Child, 3–7 yrs	\$16	\$8	\$62.50
Individual Youth, 8–17 yrs	\$32	\$16	\$125
Individual Senior, 62+ yrs			\$12
Household of Two			\$300
Household of Four*			\$450

- * \$30 fee to add additional person to a household of four
- Military Discount (Active and Disabled Veteran) Free. See p. 8.

Nonresident Rates	20-Visit	Monthly	Annual
Individual Adult, 18–61 yrs	\$100	\$50	\$390
Individual Child, 3–7 yrs	\$64	\$32	\$250
Individual Youth, 8–17 yrs	\$80	\$40	\$312.50
Individual Senior, 62+ yrs	\$80	\$40	\$312.50
Household of Two			\$640
Household of Four*			\$952.50

- * \$30 fee to add additional person to a household of four
- 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.

PUNCH PASSES for Admission and Child Watch expire one year from the date of purchase.

Refunds/Extensions will not be provided for unused punches.

Child Watch

Please contact each center for hours of operation.

Resident Rates

- · \$5 for 90 minutes per child
- Five (5)-90 min pass card for \$25
- Ten (10)-90 min pass card for \$50
- Fifteen (15)-90 min pass card for \$75

Non-Resident Rates

- \$6 for 90 minutes per child
- Five (5)-90 min pass card for \$30
- Ten (10)-90 min pass card for \$60
- Fifteen (15)-90 min pass card for \$90

Child Watch Guidelines

- Parents or guardians must remain in the facility while utilizing Child Watch services.
- · Sick children will not be permitted.
- · Child Watch is for ages 6 months to 11 years old.
- · Space is limited and not guaranteed.
- Additional hourly fee will be charged if child is picked up 10 minutes or more after the designated end time.
- Childcare reservations cannot be made in advance.

RECREATION PLAY PASS CARD

- 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 Paradice Island pool with the Play Pass card.

How to Purchase Play Pass

- · Passes are currently sold at both recreation centers.
- Play Pass required for check-in at all eligible Facilities
- 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.



REGISTRATION

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
- · Voter registration with city address OR
- · Car registration or insurance with city address

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

Active Military Membership Benefits

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

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 and Eagle Pointe recreation centers. To obtain a free annual membership, the veteran must provide at time of membership:

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

THREE EASY WAYS TO REGISTER!



PHONE

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



ONLINE REGISTRATION WITH ACTIVE NETWORK

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

- Visit c3gov.com/register.
- 2. Request an account online or sign-in using existing account information with log-in link in upper right-hand corner. Please note account approvals can



- take up to 24 hours to process, excluding holidays and weekends. To add additional family members to your online account, please call or visit one of the recreation centers.
- Once logged in, click the "Activities" tab and search for course number or class title. Proceed to checkout and enter credit card information.
- 4. Select the class and then click the green "Add to My Cart" button.
- 5. Select the participant's name and then click "Continue."
- 6. Take a minute to review your order and print your receipt.



IN PERSON

Eagle Pointe Recreation Center 6060 E. Parkway Dr.

Bison Ridge Recreation Center 13905 E. 112th Ave.

Mon-Fri: 5 a.m.-9:30 p.m. Sat: 7 a.m.-7 p.m. | Sun 8 a.m.-6 p.m.

FACILITY INFORMATION



RECREATION CENTER RENTALS

Reservations must be submitted two weeks prior to event date. Visit c3gov.com/rent-or-reserve for more information about facility rentals.



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

- Three large multipurpose community rooms with audio/video system, stage and outdoor deck.
 - Individual rooms can seat 50-100 people theater-style or 60-100 banquet-style.
 - Removable walls allow up to 300 people seated theaterstyle in all 3 rooms or 250 people seated banquet-style
- · Two conference rooms
- · Two pool party rooms attached to the aquatic center

Eagle Pointe (6060 E. Parkway Dr.) 303-289-3669

- Five multipurpose rooms offer 1,425 square feet
- Seats up to 100 people theater-style or 75 banquet-style.
- · Two conference rooms

Recreation Center Rates

Hourly rates are \$15 to \$45 for residents and \$25 to \$60 for nonresidents, depending on space and use. A damage deposit of \$50 per room is required and is refundable if the facility is left clean and undamaged.

Room rental is subject to the following conditions:

- · Minimum of 4 hours for all 3 community rooms at Bison Ridge
- After-hours room rentals available until midnight for an additional fee
- · Political events/fundraisers are prohibited

Bison Grill at Buffalo Run Golf Course

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

Picnic Shelter Rentals (available March-October)

Commerce City is home to 20 parks, half of which have shelters available to rent for family picnics, business meetings, corporate outings, church functions and more. Parks and the number of shelters available for rental are:

Applications for shelter rentals are taken starting March 1. Shelters can be rented daily from 8 a.m. to 10 p.m. through October.

Reservations must be made at least two weeks in advance.

To reserve a picnic shelter, please visit the recreation center in person and let us help you complete your application, including any permits for alcohol or special events. A \$100 deposit is due upon reservation, and rental payment must be made in full two weeks before date needed. The deposit is refunded in full if shelter is left clean and undamaged. Online rentals are preferred at c3gov.com/rent-or-reserve

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

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

3 shelters
4 shelters
1 shelter
1 shelter
1 shelter
1 shelter

River Run Park*	2 shelters
Villages East Park*	1 shelter
Monaco Park*	2 shelters
Turnberry Park*	1 shelter
Veterans Memorial Park*	1 shelter

^{*}Parks marked with an asterisk are available to rent online at c3aov.com/Register.

Athletic Facility Rentals

Visit page 44 for Athletic Rental Details.



PARADICE ISLAND AT PIONEER PARK

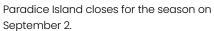


Float down the lazy river, zoom down water slides, or get your game on in the sports pool. Let the little ones play in the toddler pool, while kids of all ages have a blast in the gamethemed leisure pool.

HOURS

May 25-Sept 2

Open Daily 10 a.m.-6 p.m. through Aug 11 Weekend-only operations: 8/17-18, 8/24-25, and 8/31-9/2.



For additional information: c3gov.com/paradice



For non-residents and residents who do not have a valid Recreation Play Pass.

Daily Rates	Child	Child	Youth	Adult	Senior
	0-2	3-7	8-17	18-61	62+
	FREE	\$6	\$8	\$10	\$8

RESIDENT RATES

To receive resident rates, all guests ages 3 and older must have a valid Recreation Play Pass. Refer to page 5 for Play Pass information.

Daily Rate	s Child 0-2	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
Daily Admis	sion*				
	FREE	\$2	\$3	\$4	\$3
10 Visit Card	 *				
	FREE	\$16	\$24	\$32	\$24
Individual S	eason Pa	ss*			
	FREE	\$42	\$63	\$84	\$63

Family Season Pass*

Up to 4 people \$231, Each additional person is \$30

* Available to Commerce City Residents Only

(with Recreation Play Pass)

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

WEATHER POLICY

• Refunds will not be granted if the park closes due to inclement weather. This includes rain, lightning, tornado warnings, and

- any other weather concern that makes the park unsafe for guests.
- Instructions from lifeguards and guest relations staff must be obeyed at all times.
- Please be courteous. Foul language, fighting or abusive behavior will not be tolerated and will result in immediate ejection from the park.

PROPER SWIM ATTIRE IS REQUIRED

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

AGE AND HEIGHT REQUIREMENTS

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

PARADICE ISLAND POOL PARTIES AND RENTALS

Reservations for parties and cabana rentals will be taken beginning April 1. Fees are for cabana rentals only. Additional admission rates will apply.

Cabana Rentals	Resident	Nonresident
20 x 20 (up to 24 people)	\$60*	\$80*
16 x 16 (up to 12 people)	\$50*	\$70*

^{*}Taxes not included

Cabanas 1-3: 4 picnic tables; seats 24; max capacity 32 **Cabanas 4-7:** 2 round tables and 7 lounge chairs; seats 15; max capacity 23

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

To reserve a cabana, make a reservation online at

recreation.c3gov.com/rent-or-reserve

Day-of reservations are available only in person.













Recreation

TOUCH A TRUCK

From fire trucks to snow plows you and your family will love playing, climbing, and touching a variety of vehicles in all different shapes and sizes.



Saturday, Sept. 21

10 a.m. - 1 p.m.

Dick's Sporting

Questions? Contact Melissa Sumner

at msumner@c3gov.com

More information at c3gov.com/Events

FREE OUTDOOR MOVIE NIGHTS

Free Admission • No registration required

FRIDAY, MAY 17

FRIDAY, AUGUST 2

1 Hour 44 Minutes

Turnberry Park, 10725 Wheeling St

Lilo and Stitch

Monsters University



1 Hour 25 Minutes

Pioneer Park, 5950 Holly St





ADULT OUTDOOR RECREATION

STAND-UP PADDLEBOARDING (SUP)

Ages 18 & up

Learn how to stand up on a paddleboard and navigate the calm waters. This is a great opportunity to enjoy nature and connect with new friends.

6/1 Sa 9 a.m.-2 p.m. \$15/\$25 4451.201 BR

HORSE TREK COWBOY DINNER

Ages 18 & up

Hit the trail for a 90 minute sunset trail ride complete with a cowboy dinner.

8/23 F 5 -10 p.m. \$85/\$95 4451.202 BR

SUMMER STROLL SERIES

Come with a friend or be a part of the pack on these strolls around parks and open spaces in Adams County. Bring a water bottle and adequate shoes. These strolls will be led by recreation staff and depart from Bison Ridge.

Rocky Mo	ountain A	rsenal			
5/7	T	9-11 a.m.	\$5/\$7	4451.205	
Riverdale	Regiona	l Park			
6/4	T	9-11 a.m.	\$5/\$7	4451.206	
Sand Cre	ek Trail				
7/2	T	9-11 a.m.	\$5/\$7	4451.207	
Second C	reek Trai	1			
8/6	T	9- 11 a.m.	\$5/\$7	4451.208	

ESL CLASSES

This is a beginner-level English class designed for the Spanish speaker looking to improve their English. Individuals will learn

basic greetings and every day conversation starters. This class will progress at a pace where all participants feel comfortable.

Session 1 6/3-7/3	м/w	5:30-7 p.m.	\$56/\$64	4401.201	EP
Session 2 7/15-8/14	м/w	5:30-7 p.m.	\$56/\$64	4401.202	EP

ASL CLASSES

Learn American Sign Language (ASL) in a fun and relaxed environment. Learn basic ASL signs for everyday words and phrases. The class will progress at a comfortable pace throughout the five-week session.

Session 1 6/5-7/3	w	5:30-7 p.m.	\$56/\$64	4451.203	BR
Session 2 7/17-8/14	w	5:30-7 p.m.	\$56/\$64	4451.204	BR

Mastermind Moms: Organize and Thrive

Ages 21+

Work with a professional organizer and a local parenting coach to tackle the chaos of summer with expert tips on organizing spaces, schedules and your mindset for you and your family. Because moms matter-let's make this summer fun for you too! Light snacks and refreshments will be provided.

6/6	Th	6 -8 p.m.	\$15/\$20	7093.201	BR

ACTIVE ADULT CENTER AT EAGLE POINTE

Everyone is welcome!

Daily classes and drop-in activities for seniors and older adults. Discount memberships for residents aged 62+! Hours: Mon-Fri 8 a.m.-4 p.m.

Eagle Pointe Drop-In

No registration required. Free and open to adults 18+

Mondays

Fridays Billiards

Billiards	8:30 a.m4 p.m.
Therapeutic Coloring	10 -11:30 a.m.
Dominos	Noon-3:30 p.m.
Tuesdays	
Billiards	8:30 a.m4 p.m.
Farkle Dice Game	Noon-3:30 p.m.
Wednesdays	
Billiards	8:30 a.m4 p.m.
Quilting	9 a.mNoon
Wii Bowling	9-11 a.m.
Rummikub	Noon-3:30 p.m.
Thursdays	
Billiards	8:30 a.m4 p.m.
Brain Games	1 -4 p.m.

PRG SHUTTLE PILOT PROGRAM

If you live near one of the city's recreation centers, but have a hard time getting across town to visit the other, Commerce City Recreation is now offering a free shuttle service on Wednesdays and Fridays for recreation users! The service covers the nine miles between the Bison Ridge and Eagle Pointe recreation centers and operates every Wednesday from 10 a.m. – 6 p.m. and every Friday from 10 a.m. – 4 p.m. Passengers ages 13 and older may ride the shuttle without a parent or guardian.

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

11 a.m.-4 p.m.

Shuttle service details:

Players Choice Game Day

- Departs from Eagle Pointe on the hour
- Departs from Bison Ridge at the bottom of the hour
- · Large passenger van is ADA accessible

Shuttle users must reserve their spot at least 30 minutes in advance online through their account at **c3gov.com/Register**, by phone at 303-289-3761, or in person at either facility.

ACTIVE ADULT HUB AT BISON RIDGE

Currently, our Active Adult program serves hundreds of adults out of our Eagle Pointe Recreation Center. As the program continues to grow, we are looking forward to additional space for our Active Adult program at Bison Ridge Recreation Center! The schedule for implementation is currently tentative, but stay tuned for further updates as they are available. Call 303-289-3761 for more information.



ACTIVE ADULT EVENTS AND PROGRAMS

38TH ANNUAL PANCAKE BREAKFAST

Grab the kids and join us for the 38th annual Pancake Breakfast. We have some exciting activities planned for the kids and grown-ups. Don't forget to bring cash for our popular raffle. Prizes include a quilt made by our Quilting Club, free passes to Buffalo Run Golf Course & Rec Centers and more! Tickets are \$9 in advance, and \$12 at the door.

5/4 Sa 8-10 a.m. \$9/\$12 4601.209 EP

DOMINOS TOURNAMENT

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

6/13 Th 10 a.m.-1 p.m. \$4/\$6 4601.201 EP



4TH OF JULY BBQ

Wear your red, white or blue attire and come enjoy a traditional BBQ to celebrate our nation's birthday. Brush up on your American history for our trivia contest. This event will be at **Veterans Memorial Park**, located on the east side of the Eagle Pointe Recreation Center.

7/3 W 10:30 a.m. -Noon \$9/\$11 4601.202

BOOK CLUB

Interested in books and meeting new friends? Join the book club through the Eagle Pointe Recreation Center. Each member will share their thoughts and feelings about the books read. Books will be chosen by the club as a book is finished. The book club is volunteer-led and meets on the first Friday of each month. Each member will be responsible for ordering and receiving their book prior to the first meeting. Call Zach Roth (303) 289-3720 for questions.

5/3	F	1-2:30 p.m.	Free	EP
6/7	F	1-2:30 p.m.	Free	EP
7/5	F	1-2:30 p.m.	Free	EP
8/2	F	1-2:30 p.m.	Free	EP

COMPANIES THAT MADE AMERICA SERIES

This series will feature a different documentary about a company that is synonymous with the United States of America. A snack and knick knack representing the theme will be provided each month.

Ford

5/29	w	1-3 p.m.	\$6/\$8	4601.218	EP
Hershey	,				
6/26	W	1-3 p.m.	\$6/\$8	4601.219	EP
Levi's					
7/31	w	1-3 p.m.	\$6/\$8	4601.220	EP
McDono	ılds				
8/28	W	1-3 p.m.	\$6/\$8	4601.221	EP

TUESDAY MORNING COFFEE TALK DISCUSSION SERIES

Join your peers in an hour of discussion about a selected monthly topic. A member of the Eagle Pointe Active Adult Center will lead the discussion each month. Coffee and snacks will be provided each month. The host and topic will be announced in the On the Move newsletter each month.

Registration is required to allow staff to prepare snacks and coffee.

6/11	Т	9-10 a.m.	Free	4601.234 EP
7/9	Т	9-10 a.m.	Free	4601.235 EP
8/13	Т	9-10 a.m.	Free	4601.236 EP

GET TO KNOW YOUR ACTIVE ADULT STAFF

Each month a different Active Adult staff person will be featured in this meet-and-greet morning get-together. Learn about their position with Commerce City Parks and Recreation Department, but also learn about their families, hobbies, and interests. Registration is required because the featured staff person will provide a breakfast snack that speaks to them. Morning beverages will be provided. Find out who will be featured in the monthly On the Move newsletter.

5/9	Th	9-10 a.m.	Free	4751.201	BR
6/13	Th	9-10 a.m.	Free	4751.202	BR
7/11	Th	9-10 a.m.	Free	4751.203	BR
8/8	Th	9-10 a.m.	Free	4751.204	BR

MONTHLY BIRTHDAY CELEBRATION!

All are welcome to attend the monthly birthday celebrations! Help your friends celebrate their birthday month with a special treat provided by the Active Adult Center and great friends to remember their special day. Registration is required but does not need to be your birthday month to join in on the celebration!

5/16	Th	1-2 p.m.	\$8/\$10	4601.214	EP
6/13	Th	1-2 p.m.	\$8/\$10	4251.201	BR
6/20	Th	1-2 p.m.	\$8/\$10	4601.215	EP
7/11	Th	1-2 p.m.	\$8/\$10	4251.202	BR
7/18	Th	1-2 p.m.	\$8/\$10	4601.216	EP
8/8	Th	1-2 p.m.	\$8/\$10	4251.203	BR
8/15	Th	1-2 p.m.	\$8/\$10	4601.217	EP

BREAKFAST BURRITO BINGO AT BISON RIDGE

Take a break from your ordinary breakfast routine! Join the Recreation Staff for hearty breakfast burritos and a morning game of bingo at Bison Ridge. Registration is required to attend.

5/17	F	9-10:30 a.m.	\$10/\$12	4651.201 BR
6/21	F	9-10:30 a.m.	\$10/\$12	4651.202 BR
7/19	F	9-10:30 a.m.	\$10/\$12	4651.203 BR
8/16	F	9-10:30 a.m.	\$10/\$12	4651.204 BR



NATIONAL DAYS

NATIONAL PICNIC DAY

Celebrate National Picnic Day at **Pioneer Park.** Picnic food and cold drinks and lawn games will be available for those who want to play.

6/18	Tu	11 a.m12:30 p.m.	\$8/\$10	4601.203
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NATIONAL ROOT BEER FLOAT DAY

Celebrate National Root Beer Float Day by stopping by the Bison Ridge Rec Center and enjoying this cool summer treat.

8/6	Tu	2:30-3:30 p.m.	\$4/\$5	4651.209	BR
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FRIDAY MOVIE MATINEE AT BISON RIDGE

Enjoy a series of inspirational movies that will motivate and inspire! Join us at Bison Ridge on the last Friday of the month to screen one of these award-winning productions and enjoy some movie snacks! See the "On the Move" newsletter for more information on the movie of the month.

Coach C	arter				
5/10	F	1-3 p.m.	\$4/\$6	4651.205	BR
King Ricl	hard				
6/14	F	1-3 p.m.	\$4/\$6	4651.206	BR
42 The J	ackie Rob	inson Story			
7/12	F	1-3 p.m.	\$4/\$6	4651.207	BR
The Bline	d Side				
8/9	F	1-3 p.m.	\$4/\$6	4651.208	BR

CRAFTY CORNER

Put on your creative hat and join in on the fun the second Friday of the month! . Supplies included. One piece of art per person.

Garden G 5/10	nomes F	10 a.mNoon	\$10/\$11	4601.230	EP
Wire and	Stone Tr	ee	<u> </u>		
6/14	F	10 a.mNoon	\$10/\$11	4601.231	EP
Laser Cu	ıt Wood	Design			
7/12	F	10 a.mNoon	\$10/\$11	4601.232	EP
Coffee Fil	ter Flowe	ers			
8/9	F	10 a.mNoon	\$10/\$11	4601.233	EP

POTLUCK AT EAGLE POINTE

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

5/24	F	11 a.m12:30 p.m.	\$3/\$5	4601.222 EP
6/28	F	11 a.m12:30 p.m.	\$3/\$5	4601.223 EP
7/26	F	11 a.m12:30 p.m.	\$3/\$5	4601.224 EP
8/23	F	11 a.m12:30 p.m.	\$3/\$5	4601.225 EP

FRIDAY BINGO AT EAGLE POINTE

B-I-N-G-O! Come try your luck at this game of chance and see if we call your numbers! Registration is required to attend.

5/24	F	1-2:30 p.m.	\$5/\$7	4601.226 EP
6/28	F	1-2:30 p.m.	\$5/\$7	4601.227 EP
7/26	F	1-2:30 p.m.	\$5/\$7	4601.228 EP
8/23	F	1-2:30 p.m.	\$5/\$7	4601.229 EP

CHAIR VOLLEYBALL AT EAGLE POINTE

Chair volleyball is played with a beach ball and a five-foot-high net. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. Rules are similar to regular volleyball except cheeks stay in seats!

5/1	W	10-11 a.m.	Free	4601.205 EP
6/5	W	10-11 a.m.	Free	4601.206 EP
7/3	W	10-11 a.m.	Free	4601.207 EP
8/7	W	10-11 a.m.	Free	4601.208 EP



CHAIR VOLLEYBALL AT BISON RIDGE

Chair volleyball is played with a beach ball and a five-foot-high net. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. Rules are similar to regular volleyball except cheeks stay in seats!

5/6	М	11:45 a.m12:45 p.m.	Free	4451.205	BR
6/3	М	11:45 a.m12:45 p.m.	Free	4451.206	BR
7/1	М	11:45 a.m12:45 p.m.	Free	4451.207	BR
8/5	М	11:45 a.m12:45 p.m.	Free	4451.208	BR

CLASSES

MEDICARE 101 CLASS

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

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

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

5/15	W	9-10 a.m.	Free	4701.201 EP
6/19	W	9-10 a.m.	Free	4701.202 EP
7/17	W	9-10 a.m.	Free	4701.203 EP
8/21	W	9-10 a.m.	Free	4701.204 EP

LINE DANCE AT BISON RIDGE

Mondays are for Line Dancing with Rosalie! There are two levels of class for those who love to stay active and fit. Rosalie Farrer teaches both the beginner and the intermediate class. Purchase a 5-visit punch card for \$25 or \$6 drop-in.

Beginner	9-10 a.m.
Intermediate	10:15-11:15 a.m.

CERAMICS AT EAGLE POINTE

Come express your creativity and explore different techniques and trends in this open forum lab. The instructor will provide free start-up supplies to the first-timer and will advise on further purchases. The fee includes instruction and firing. Resident \$20 (five-visit punch card). Non-resident \$20 (four-visit punch card).

Every Tuesday and Thursday 9 a.m.-Noon

ACTIVE ADULT TRIPS

We are outta here! Adventure is out there, and we are off to find it. Please review these "rules of the road" before registering for trips. Trip information and exertion levels can be found under the trip descriptions

L1= Level 1: Short walking distance and minimal activity.

L2= Level 2: Moderate activity and walking distance, some stairs.

L3= Level 3: Extended walking distance or stairs, outside, higher elevation. R/D= Registration Deadline.

Trip Etiquette

- Participants are expected to be respectful and abide by the Trip Driver/Leader's instructions.
- · Avoid distracting the driver/leader when driving.
- For the comfort of all onboard the van trip, please avoid perfume/cologne use.
- · Please refrain from using cell phones on the van during the trip.
- · Meal cost is on your own unless otherwise noted.

MAY

LUNCH AND MOVIE

Enjoy lunch before settling in for a movie at the Harkins movie theater at Northfield! Cost of lunch and movie is on your own. Trip departs from Bison Ridge.

5/2	Th	10 a.m3:30 p.m.	\$7/\$9	4501.207
Denver Area	I	LI	RD 4/30	

LYNN'S TEA SHOP AND CAFÉ

Afternoon tea, anyone? Enjoy a variety of teas and treats with friends at Lynn's Tea Shop and Café in Littleton. Trip departs from Eagle Pointe.

5/15	W	11 a.m3 p.m.	\$35/\$40	4501.208
Littleton		LI	RD 5/18	



DISEMBARK AT THE AMERICAS, PARKER SYMPHONY ORCHESTRA

Join us and the Parker Symphony Orchestra as we embark on a musical cruise worldwide to celebrate 30 years of bringing music to Parker and beyond! Trip departs from Bison Ridge.

5/17	F	6 p.m10 p.m.	\$43/\$46	4501.209
Parker		L1	RD 5/10	

TACO TUESDAY AT TACO SELENE

Tuesdays are for tacos and Taco Selene's, an Aurora original that has a great Tuesday taco special. Cost of meal on your own. Departs Bison Ridge.

5/21	Tu	10:30 a.m1:30pm	\$9/\$11	4501.210
Aurora		L1	RD 5/17	

FORNEY TRANSPORTATION MUSEUM

The Forney Museum of Transportation is a one-of-a-kind collection of over 800 artifacts relating to historical transportation. The collection includes buggies, motorcycles, steam locomotives, aircraft, and much more! Cost of meal on your own.

10 a.m. Pick-up BR 10:30 a.m. Pick-up EP

5/23	Th	10 a.m3 p.m.	\$22/\$25	4501.211
Denver		L3	RD 5/16	

DINNER OUT - SPAGHETTI FACTORY

Enjoy classic Italian favorites in a fun and vibrant atmosphere. Cost of meal on your own. Departs from Eagle Pointe.

5/27	М	4-8 p.m.	\$9/\$11	4501.201
Westmi	nster	L1	RD 5/24	

WING WEDNESDAY AT THE SPORTSBOOK BAR AND GRILL

Bone-in or boneless Wednesdays are all about wings. Get on the bus and head to the Sportsbook Bar and Grill for their all-you-can-eat Wing Wednesday. Cost of meal on your own. Departs from Bison Ridge.

5/29	W	10:30 a.m1:00 p.m.	\$9/\$11	4501.212
Highlands Ranch		LI	RD 5/24	

IIINF

GAMBLING TRIP-LODGE CASINO

Enjoy a scenic ride through the canyon on the way to the casino! Cost of meal on your own. Departs from Eagle Pointe.

6/6	Th	9 a.m3 p.m.	\$8/\$10	4501.205
Central City		L3	RD 5/30	

PUTT PUTT AT ADVENTURE GOLF

Jump on board and enjoy a round of putt putt golf at Adventure Golf with your friends. There will be a lunch stop after golf. Cost of meal on your own.

6/12	W	9 a.m1 p.m.	\$20/\$24	4501.215
Westminste	r	L3	RD 6/7	

DINERS, DRIVE-INS, AND DIVES AT PARAVICINI'S ITALIAN BISTRO

Watch an episode of the Food Network Show featuring Paravicinis and then take a trip to the Springs to enjoy lunch at the restaurant. Cost of meal on your own. Departs from Eagle Pointe.

6/13	Th	10 a.m3 p.m.	\$12/\$14	4501.213	
Colorado Sp	orings	L1	RD 6/11		

LUNCH AND SHOPPING IN OLD TOWN ARVADA

Grab a buddy and hitch a ride to check out all Olde Town Arvada has to offer! Cost of meal on your own. Trip departs from Bison Ridge.

6/14	F	10 a.m3 p.m.	\$7/\$10	4501.214	
Arvada		L3	RD 6/12		

PARK HILL SUPERMARKET

Take a step into Asia at this one of a kind international market that is just a stone's throw away from Commerce City. The live seafood is impressive and the tea section is bountiful. Lunch to follow on your own.

6/19	W	11 a.m2 p.m.	\$7/\$10	4501.216
Denver		L2	RD 6/14	

DINNER OUT- HOOK AND REEL CAJUN SEAFOOD AND BAR

Born in the south, Hook and Reel serves genuine seafood and much more. Come get messy with friends! Cost of meal on your own. Departs from Eagle Pointe.

6/24	М	4-8 p.m.	\$9/\$11	4501.202
Denver		LI	RD 6/21	



JULY

ANTIQUES SHOPS ON BROADWAY

Visit Denver's Antique Row. Browse through many antiques shops located on Broadway Ave. Lunch to follow on your own. Departs from Bison Ridge.

7/2	Tu	10 a.m3 p.m.	\$9/\$11	4501.217
Denver		L3	RD 6/28	

LUNCH OUT - DUKE'S

Enter through the alley, order at the window and enjoy their outdoor patio at this one of a kind sandwich shop in Denver's historic Five Points neighborhood. Cost of meal on your own. Departs from Eagle Pointe.

7/9	Tu	10:30 a.m12:30 p.m.	\$9/\$11	4501.218
Denver		LI	RD 7/5	

BOULDER COUNTY FARMERS MARKET

Each purchase at this farmers market goes toward the yearround work of advocating for our farmers, local agriculture, and equitable food access so that local food can be with our communities for generations to come.

7/10	W	3 p.m8:30 p.m.	\$9/\$11	4501.219
Boulder		L3	RD 7/6	

MYSTERY TRIP

Discover new places on this mystery trip. Only the organizer knows the destination, but it's always fun! Cost of meal on your own. Departs from Eagle Pointe.

7/17	W	10:30 a.m3:30 p.m.	\$10/12	4501.220
5555		L3	RD 7/12	

KIRKLAND MUSEUM OF FINE & DECORATIVE ART

Kirkland Museum inspires visitors through the beauty of art and design presented in a unique and approachable way. Departs from Bison Ridge.

7/25	Th	10 a.m2:45 p.m.	\$25/\$30	4501.221
Denver		L2	RD 7/18	

DINNER OUT-BLACK EYED PEA

Enjoy Southern comfort fare in a casual and friendly environment. Cost of meal on your own. Departs from Eagle Pointe.

7/29	М	4- 8 p.m.	\$9/\$11	4501.203
Northgler	ın	LI	RD 7/26	

Aligiis'

GAMBLING TRIP - THE CENTURY

Enjoy a scenic ride through the canyon on the way to the casino! Lunch on your own. Departs from Eagle Pointe.

8/1	Tu	9 a.m3 p.m.	\$8/\$10	4501.206
Black H	lawk	L3	RD 7/30	

LUNCH AT BREWABILITY

Grab friends and enjoy lunch! Brewability is an inclusive brewery & pizzeria that employs adults with disabilities to brew craft beer! Cost of meal on your own. Departs from Bison Ridge.

8/7	w	11 a.m2 p.m.	\$9/\$11	4501.222
Englew	ood	L1	RD 8/2	

RAMBLER RANCH

Visit the one and only Rambler Ranch in Elizabeth, Colorado, a place dedicated to the preservation & restoration of NASH, RAMBLER, & AMC Automotive History. This collection you have to see to believe! Lunch on own. Departs from Eagle Pointe.

8/14	W	9 a.m2 p.m.	\$20/\$25	4501.223
Elizbeth		L3	RD 8/7	

DINNER OUT – PEPPER POD

The Pepper Pod is a local favorite serving made-from-scratch American style meals. Meal cost on own.

Departs from Eagle Pointe.

8/26	М	4-8 p.m.	\$9/\$11	4501.204
Hudson		LI	RD 8/23	

RTD - NLINE UNION STATION

Ride the bus to the 72nd and Commerce City light rail station and find out how easy it is to access downtown Denver from Commerce City. You will be free to get lunch, shop and explore downtown Denver on your own. The group will meet up in the afternoon and ride the train back to Commerce City together.

8/28	W	10 a.m3 p.m.	\$7/\$10	4501.224
Commerc	ce City	L3	RD 8/23	

ACTIVE ADULT RESOURCES

LIFE ISN'T EASY

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



5/6	М	10-11:30 a.m.	Free	EP
5/20	М	10-11:30 a.m.	Free	EP
6/3	М	10-11:30 a.m.	Free	EP
6/17	М	10-11:30 a.m.	Free	EP
7/1	М	10-11:30 a.m.	Free	EP
7/15	М	10-11:30 a.m.	Free	EP
8/5	М	10-11:30 a.m.	Free	EP
8/19	М	10-11:30 a.m.	Free	EP

RESOURCES

VNA WELLNESS PROGRAM

The Visiting Nurses Association operates a monthly health clinic for seniors. They check blood pressure, provide nail and foot care for diabetics and others. You must schedule an appointment with Colorado Visiting Nurses Association to participate in the health clinic. Cancellations must be made 24 hours in advance. Make an appointment by calling (303) 698-6496 and indicating you would like to schedule an appointment for the Commerce City location at Eagle Pointe Recreation Center.

5/6	М	8:30 a.m4:30 p.m. Free	EP
6/3	М	8:30 a.m4:30 p.m. Free	EP
7/1	М	8:30 a.m4:30 p.m. Free	EP
8/5	М	8:30 a.m4:30 p.m. Free	EP

MEDICARE 1-ON-1

Chaundra Price (independent insurance broker specializing in Medicare plans) assists older adults with questions about Medicare health plans, prescription drugs, and how to apply for assistance with premiums or copayments. Call 303-357-0588 or visit **Medicare-Teachers.com** to schedule a free benefits review.

THE SENIOR HUB

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

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

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

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

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

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

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

TRANSPORTATION

VIA Mobility

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

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

- Conducting a short assessment of individual mobility and travel needs
- · Preparing individualized travel plans
- Directly connects you to Via's many services, such as scheduling a ride
- Providing guidance for aging individuals and their families faced with the life-altering decision of giving up the car keys
- Following up to ensure plans are enhancing mobility and independence

Contact a Mobility Specialist

mobilityspecialist@viacolorado.org 303-444-3043



POOL INFORMATION

Pools at both Eagle Pointe and Bison Ridge are open:

Monday-Friday: 5 a.m.-9 p.m. Saturday: 7 a.m.-6:30 p.m. Sunday: 8 a.m.-5:30 p.m.

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

Eagle Pointe is closed until 11:30 a.m. on the 4th Sunday of each month for staff training.

Each facility offers a 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 and pick up a pool schedule.

SWIMMING SAFETY AND GUIDELINES

Please observe these safety guidelines and policies during your visit.

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

Proper swim attire is required.

- Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.
- Personal safety devices must be removable, and Type III Coast Guard approved. Inflatable devices, including water wings/ 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.
- \checkmark Children age 12 and older may swim without adult supervision.
- \checkmark Children who are not toilet trained must wear swim diapers.
- √ To ride the slides, users must meet the minimum height requirements. 48in at Bison Ridge; 54in at Eagle Pointe.

· Additional guidelines:

- √ Changing clothes on deck is prohibited.
- Acceptable personal pool equipment includes noodles, kickboards, beach balls, dive Sticks, and other soft balls; however, use of all items is up to the discretion of the Lifeguards.
- $\checkmark\,$ 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.
- \checkmark Eagle Pointe has an accessible ramp and an additional lift in the therapy pool area.

Lap Swimming

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



• Eagle Pointe Therapy Pool

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

• Eagle Pointe Steam Room

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

POOL PARTIES

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

- Book your pool party online.
- · Party availability is visible at the time of booking.
- Party sizes range from 20-40 people. Prices vary depending on location and size.
- Pool parties may be upgraded to a decorated party package for an additional fee at Bison Ridge only.
- Decorated parties include tablecloths, plates, cups, napkins, forks, a balloon bouquet, and a gift bag for each child in attendance.

Bison Ridge pool parties may be scheduled from 12:30-2:30 p.m. or 3:15-5:15 p.m. on Saturdays or Sundays only.

Eagle Pointe pool parties may be scheduled from 2-4 p.m. on Saturdays or Sundays only.

Having trouble booking a party? For more information, please visit **recreation.c3gov.com/rent-or-reserve.**

Aquafit

Ages 16 and older for all classes.

For the most up-to-date class schedule, please visit **c3gov.com/fitness.**

SWIMMING LESSONS

Private swimming lessons

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

Submit a Request

Private lesson request forms are available at the front desk at both facilities or via our website at

website at
digiquatics.com/accounts/121/private_
lessons/new. Once the request is received,

an instructor will contact you directly to

schedule the lesson. Lessons requests are

subject to staff availability and available pool space and cannot be guaranteed. Participants may complete up to 8 lessons per request.

Private: (1 person/30 minutes) \$25R/\$35NR Semi-private: (2 people/30minutes) \$25R/\$35NR



SWIMMING REGISTRATION

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

Swimming Lesson Fees

M-F and Tu/Thu Sessions 25 min classes R/\$30 NR/\$42 45 min classes R/\$45 NR/\$63

Saturday Sessions

25 min classes R/\$15 NR/\$21 45 min classes R/\$22.50 NR/\$31.50

Swim Lesson Registration Dates for Bison Ridge (BR): M-F AM Lessons

Session 1: May 21-May 23 Session 2: June 18-June 20 Session 3: July 16-July 18

T/Th PM and Sa AM Lessons

Session 1: May 21-May 23 Session 2: July 2-July 4

Swim Lesson Registration Dates for Eagle Pointe (EP): M-F AM Lessons

Session 1: May 28-May 30 Session 2: June 25-June 27 Session 3: July 23-July 25

T/Th PM and Sa AM Lessons

Session 1: May 28-May 30 Session 2: July 9-July 11



StarBabies

Ages 6-17 months

This introductory course introduces infants to the water in a fun and loving environment. Parents or caregivers are taught effective techniques to teach their infants how to float, submerge, move in the water, and roll over to breathe. Classes incorporate songs, activities, and water safety education.

StarTots

Ages 18 months to 2 years old

This introductory course introduces toddlers to the water in a fun and loving environment. Parents or caregivers are taught effective techniques to teach their toddlers how to float, submerge, move in the water, and roll over to breathe. Classes incorporate songs, activities, and water safety education.

SWIM SCHOOL DESCRIPTIONS

White

Focus:

· Trust and submersion

Benchmarks:

- Safety Benchmark: Always ask permission before entering the water.
- Swim Benchmark: Relaxed submersion (3 seconds for preschoolers, 5 seconds for youth and adults).

Skill Steps:

- · Safely enter and exit the water
- · Pour water over the head and face
- · Tuck and stand from front
- Breath-hold and look under the water

Red

Focus:

· Body positions and air recovery

Benchmarks:

- Safety Benchmark: Wearing a lifejacket, jump in and kick on the back 3m/10ft.
- Swim Benchmark: Jump or roll in, get onto the back to breathe for 3–5 seconds

Skill Steps:

- · Starfish float on the front and back
- · Bobbing 5 times
- Tuck and stand from the back
- · Kicking on the front and back 3m/10ft.

Yellow

Focus:

· Forward movement and direction change

Benchmarks:

- Safety Benchmark: Tread water (surface support) 10 seconds
- Swim Benchmark: Swim-roll-swim 10m/30ft.

Skill Steps:

- Beginner stroke on the front (face in)
- · Beginner stroke on the back
- · Beginner strokes with direction change
- · Roll to the back from front beginner stroke

Blue

Focus:

· Rotary movement

Benchmarks:

- Reach or throw assist with flotation. The student should also be able to contact emergency services, such as calling 911 or the appropriate number for the location, and to know "See, Yell, Tell" if they see someone submerged under the water who is not coming to the surface.
- Swim Benchmark: Side-roll-side with kick 10m/20ft.

Skill Steps:

- · Front and back streamline with kick
- Swim underwater 1m/3ft.
- · Side breathing position with kick
- Side-roll-side with kick 5m/15ft.

Green

Focus:

• Integrated movement

Benchmarks:

- Safety Benchmark: Disorienting entries and recovery. When feasible, this skill should be conducted in swimwear and clothes such as a shirt, shorts and shoes or sandals.
- Swim Benchmark: Starfish Safer Swimmer Aware, which
 includes this skill sequence: ask permission to enter
 the water, jump or roll into the water over the head,
 resurface and tread water 1 minute, swim 50m/yd.
 using arm and leg movements on the front or the back.

Skill Steps:

- · 3 strokes STOP drill
- · 3 strokes ROLL drill
- 3 x 3 drill
- · Tread water 40 seconds



STROKE SCHOOL DESCRIPTIONS

Stroke School 1

Focus:

· Integrated movement

Benchmarks:

- Safety Benchmark: Asking permission before getting in the water
- Swim Benchmark: Swim freestyle and backstroke 25m/yd. each

Skill Steps:

- · Freestyle with high elbow recovery
- Freestyle with centerline pull and thumb touch
- Backstroke with straight arm recovery and little finger entry
- Backstroke with bent arm pull and straight body position

Stroke School 2

Focus

· Integrated movement

Benchmarks:

- Safety Benchmark: Emergency scenarios
- Safety Benchmark: Survival float two minutes
- Swim Benchmark: Swim butterfly and breaststroke 10m/30ft (beginner), 25m/yd. (advanced) each

Skill Steps:

- · Butterfly and breaststroke body position and breathing
- Butterfly and breaststroke arm action
- Butterfly and breaststroke leg action
- · Butterfly and breaststroke coordination and timing



SWIM SCHOOL AT BISON RIDGE

StarBabies

Ages 6-17 Months

6/1-6/29	Sa	9-9:25 a.m.	5 wk	6001.201	BR
7/13-8/10	Sa	9-9:25 a.m.	5 wk	6002.201	BR

StarTots

Ages 18 Mos-2 Yrs

6/1-6/29	Sa	9:30-9:55 a.m.	5 wk	6001.202	BR
6/1-6/29	Sa	10-10:25 a.m.	5 wk	6001.203	BR
7/13-8/10	Sa	9:30-9:55 a.m.	5 wk	6002.202	BR
7/13-8/10	Sa	10-10:25 a.m.	5 wk	6002.203	BR

White

Session 1

5/28-6/7	M-F	9-9:25 a.m.	2 wk	6101.201	BR
5/28-6/7	M-F	9:30-9:55 a.m.	2 wk	6101.202	BR
5/28-6/7	M-F	10-10:25 a.m.	2 wk	6101.203	BR
5/28-6/7	M-F	11-11:25 a.m.	2 wk	6101.204	BR
5/28-6/27	Tu/Th	5-5:25 p.m.	5 wk	6101.205	BR
5/28-6/27	Tu/Th	5:30-5:55 p.m.	5 wk	6101.206	BR
5/28-6/27	Tu/Th	6:30-6:55 p.m.	5 wk	6101.207	BR
6/1-6/29	Sa	9-9:25 a.m.	5 wk	6101.208	BR
6/1-6/29	Sa	10-10:25 a.m.	5 wk	6101.209	BR
6/1-6/29	Sa	11-11:25 a.m.	5 wk	6101.210	BR
Session 2					
6/24-7/5	M-F	9-9:25 a.m.	2 wk	6102.201	BR
6/24-7/5	M-F	9:30-9:55 a.m.	2 wk	6102.202	BR
6/24-7/5	M-F	10-10:25 a.m.	2 wk	6102.203	BR
6/24-7/5	M-F	11-11:25 a.m.	2 wk	6102.204	BR
7/9-8/8	Tu/Th	5-5:25 p.m.	5 wk	6102.205	BR
7/9-8/8	Tu/Th	5:30-5:55 p.m.	5 wk	6102.206	BR
7/9-8/8	Tu/Th	6:30-6:55 p.m.	5 wk	6102.207	BR
7/13-8/10	Sa	9-9:25 a.m.	5 wk	6102.208	BR
7/13-8/10	Sa	10-10:25 a.m.	5 wk	6102.209	BR
7/13-8/10	Sa	11-11:25 a.m.	5 wk	6102.210	BR
Session 3					
7/22-8/2	M-F	9-9:25 a.m.	2 wk	6103.201	BR
7/22-8/2	M-F	9:30-9:55 a.m.	2 wk	6103.202	BR
7/22-8/2	M-F	10-10:25 a.m.	2 wk	6103.203	BR
7/22-8/2	M-F	11-11:25 a.m.	2 wk	6103.204	BR



Red					
Session 1					
5/28-6/7	M-F	9-9:25 a.m.	2 wk	6201.201	BR
5/28-6/7	M-F	10-10:25 a.m.	2 wk	6201.202	BR
5/28-6/7	M-F	10:30-10:55 a.m.	2 wk	6201.203	BR
5/28-6/7	M-F	11-11:25 a.m.	2 wk	6201.204	BR
5/28-6/27	Tu/Th	5-5:25 p.m.	5 wk	6201.205	BR
5/28-6/27	Tu/Th	6-6:25 p.m.	5 wk	6201.206	BR
5/28-6/27	Tu/Th	6:30-6:55 p.m.	5 wk	6201.207	BR
Session 2					
6/1-6/29	Sa	9-9:25 a.m.	5 wk	6201.208	BR
6/1-6/29	Sa	10:30-10:55 a.m.	5 wk	6201.209	BR
6/1-6/29	Sa	11-11:25 a.m.	5 wk	6201.210	BR
7/22-8/2	M-F	11-11:25 a.m.	2 wk	6103.204	BR
Session 3					
6/24-7/5	M-F	9-9:25 a.m.	2 wk	6202.201	BR
6/24-7/5	M-F	10-10:25 a.m.	2 wk	6202.202	BR
6/24-7/5	M-F	10:30-10:55 a.m.	2 wk	6202.203	BR
6/24-7/5	M-F	11-11:25 a.m.	2 wk	6202.204	BR
7/9-8/8	Tu/Th	5-5:25 p.m.	5 wk	6202.205	BR
7/9-8/8	Tu/Th	6-6:25 p.m.	5 wk	6202.206	BR
7/9-8/8	Tu/Th	6:30-6:55 p.m.	5 wk	6202.207	BR
7/13-8/10	Sa	9-9:25 a.m.	5 wk	6202.208	BR
7/13-8/10	Sa	10:30-10:55 a.m.	5 wk	6202.209	BR
7/13-8/10	Sa	11-11:25 a.m.	5 wk	6202.210	BR
Session 4					
7/22-8/2	M-F	9-9:25 a.m.	2 wk	6203.201	BR
7/22-8/2	M-F	10-10:25 a.m.	2 wk	6203.202	BR
7/22-8/2	M-F	10:30-10:55 a.m.	2 wk	6203.203	BR
7/22-8/2	M-F	11-11:25 a.m.	2 wk	6203.204	BR

Yellow					
Session 1					
5/28-6/7	M-F	9-9:25 a.m.	2 wk	6301.201	BR
5/28-6/7	M-F	9:30-9:55 a.m.	2 wk	6301.202	BR
5/28-6/7	M-F	10:30-10:55 a.m.	2 wk	6301.203	BR
5/28-6/7	M-F	11:30-11:55 a.m.	2 wk	6301.204	BR
5/28-6/27	Tu/Th	5-5:25 p.m.	5 wk	6301.205	BR
5/28-6/27	Tu/Th	6-6:25 p.m.	5 wk	6301.206	BR
5/28-6/27	Tu/Th	7-7:25 p.m.	5 wk	6301.207	BR
6/1-6/29	Sa	9:30-9:55 a.m.	5 wk	6301.208	BR
6/1-6/29	Sa	10:30-10:55 a.m.	5 wk	6301.209	BR
6/1-6/29	Sa	11:30-11:55 a.m.	5 wk	6301.210	BR
Session 2					
6/24-7/5	M-F	9-9:25 a.m.	2 wk	6302.201	BR
6/24-7/5	M-F	9:30-9:55 a.m.	2 wk	6302.202	BR
6/24-7/5	M-F	10:30-10:55 a.m.	2 wk	6302.203	BR
6/24-7/5	M-F	11:30-11:55 a.m.	2 wk	6302.204	BR
7/9-8/8	Tu/Th	5-5:25 p.m.	5 wk	6302.205	BR
7/9-8/8	Tu/Th	6-6:25 p.m.	5 wk	6302.206	BR
7/9-8/8	Tu/Th	7-7:25 p.m.	5 wk	6302.207	BR
7/13-8/10	Sa	9:30-9:55 a.m.	5 wk	6302.208	BR
7/13-8/10	Sa	10:30-10:55 a.m.	5 wk	6302.209	BR
7/13-8/10	Sa	11:30-11:55 a.m.	5 wk	6302.210	BR
Session 3					
7/22-8/2	M-F	9-9:25 a.m.	2 wk	6303.201	BR
7/22-8/2	M-F	9:30-9:55 a.m.	2 wk	6303.202	BR
7/22-8/2	M-F	10:30-10:55 a.m.	2 wk	6303.203	BR
7/22-8/2	M-F	11:30-11:55 a.m.	2 wk	6303.204	BR
Blue					
Session 1					
5/28-6/7	M-F	9:30-9:55 a.m.	2 wk	6401.201	BR
5/28-6/7	M-F	10:30-10:55 a.m.	2 wk	6401.202	BR
5/28-6/7	M-F	11:30-11:55 a.m.	2 wk	6401.203	BR
5/28-6/27	Tu/Th	5:30-5:55 p.m.	5 wk	6401.204	BR
5/28-6/27	Tu/Th	6-6:25 p.m.	5 wk	6401.205	BR
5/28-6/27	Tu/Th	7-7:25 p.m.	5 wk	6401.206	BR
6/1-6/29	Sa	9:30-9:55 a.m.	5 wk	6401.207	BR
6/1-6/29	Sa	10:30-10:55 a.m.	5 wk	6401.208	BR

11:30-11:55 a.m.

11:30-11:55 a.m.

5 wk 6401.209

5 wk 6301.210

BR

BR

6/1-6/29

6/1-6/29

Sa

Sa



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6/24-7/5	M-F	9:30-9:55 a.m.	2 wk	6402.201	BR
6/24-7/5	M-F	10:30-10:55 a.m.	2 wk	6402.202	BR
6/24-7/5	M-F	11:30-11:55 a.m.	2 wk	6402.203	BR
7/9-8/8	Tu/Th	5:30-5:55 p.m.	5 wk	6402.204	BR
7/9-8/8	Tu/Th	6-6:25 p.m.	5 wk	6402.205	BR
7/9-8/8	Tu/Th	7-7:25 p.m.	5 wk	6402.206	BR
7/13-8/10	Sa	9:30-9:55 a.m.	5 wk	6402.207	BR
7/13-8/10	Sa	10:30-10:55 a.m.	5 wk	6402.208	BR
7/13-8/10	Sa	11:30-11:55 a.m.	5 wk	6402.209	BR
Session 3					
7/22-8/2	M-F	9:30-9:55 a.m.	2 wk	6403.201	BR
7/22-8/2	M-F	10:30-10:55 a.m.	2 wk	6403.202	BR
7/22-8/2	M-F	11:30-11:55 a.m.	2 wk	6403.203	BR

Green Session 1

5/28-6/7	M-F	10-10:25 a.m.	2 wk	6501.201
5/28-6/7	M-F	11-11:25 a.m.	2 wk	6501.202
5/28-6/7	M-F	11:30-11:55 a.m.	2 wk	6501.203
5/28-6/27	Tu/Th	5:30-5:55 p.m.	5 wk	6501.204
5/28-6/27	Tu/Th	6:30-6:55 p.m.	5 wk	6501.205
5/28-6/27	Tu/Th	7-7:25 p.m.	5 wk	6501.206
6/1-6/29	Sa	10-10:25 a.m.	5 wk	6501.207
6/1-6/29	Sa	11-11:25 a.m.	5 wk	6501.208
6/1-6/29	Sa	11:30-11:55 a.m.	5 wk	6501.209

Session 2

7/22-8/2

7/22-8/2

M-F

M-F

6/24-7/5	M-F	10-10:25 a.m.	2 wk	6502.201	BR
6/24-7/5	M-F	11-11:25 a.m.	2 wk	6502.202	BR
6/24-7/5	M-F	11:30-11:55 a.m.	2 wk	6502.203	BR
7/9-8/8	Tu/Th	5:30-5:55 p.m.	5 wk	6502.204	BR
7/9-8/8	Tu/Th	6:30-6:55 p.m.	5 wk	6502.205	BR
7/9-8/8	Tu/Th	7-7:25 p.m.	5 wk	6502.206	BR
7/13-8/10	Sa	10-10:25 a.m.	5 wk	6502.207	BR
7/13-8/10	Sa	11-11:25 a.m.	5 wk	6502.208	BR
7/13-8/10	Sa	11:30-11:55 a.m.	5 wk	6502.209	BR
Session 3					
7/22-8/2	M-F	10-10:25 a.m.	2 wk	6503.201	BR

11-11:25 a.m.

11:30-11:55 a.m.

STROKE SCHOOL AT BISON RIDGE

Stroke School 1 (Freestyle & Backstroke)

363310111					
5/28-6/7	M-F	9-9:45 a.m.	2 wk	6601.201	BR
5/28-6/7	M-F	10-10:45 a.m.	2 wk	6601.202	BR
5/28-6/27	Tu/Th	5-5:45 p.m.	5 wk	6601.203	BR
6/1-6/29	Sa	9-9:45 a.m.	5 wk	6601.204	BR
6/1-6/29	Sa	10-10:45 a.m.	5 wk	6601.205	BR
Session 2					
6/24-7/5	M-F	9-9:45 a.m.	2 wk	6602.201	BR
6/24-7/5	M-F	10-10:45 a.m.	2 wk	6602.202	BR
7/9-8/8	Tu/Th	5-5:45 p.m.	5 wk	6602.203	BR
7/13-8/10	Sa	9-9:45 a.m.	5 wk	6602.204	BR
7/13-8/10	Sa	10-10:45 a.m.	5 wk	6602.205	BR
Session 3					
7/22-8/2	M-F	9-9:45 a.m.	2 wk	6603.201	BR

Stroke School 2 (Breaststroke & Butterfly

10-10:45 a.m.

6603.202

BR

2 wk

Session 1

7/22-8/2

M-F

BR

BR

BR

BR BR

BR BR BR

BR

2 wk

2 wk

6503.202

6503.203

BR

BR

5/28-6/7	M-F	11-11:45 a.m.	2 wk	6701.201	BR
5/28-6/27	Tu/Th	6-6:45 p.m.	5 wk	6701.202	BR
6/1-6/29	Sa	11-11:45 a.m.	5 wk	6701.203	BR
Session 2					
6/24-7/5	M-F	11-11:45 a.m.	2 wk	6702.201	BR
7/9-8/8	Tu/Th	6-6:45 p.m.	5 wk	6702.202	BR
7/13-8/10	Sa	11-11:45 a.m.	5 wk	6702.203	BR
7/22-8/2	M-F	11-11:45 a.m.	2 wk	6703.201	BR

SWIMMING LESSON FEES

Tuesday/Thursday Sessions 25 min classes: R / \$30, NR / \$42 45 min classes: R / \$45, NR / \$63

Wednesday and Saturday Sessions 25 min classes: R / \$15, NR / \$21 45 min classes: R / \$22.50, NR / \$31.50



SWIM SCHOOL AT EAGLE POINTE

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Ages	6-17	Mor	าths

5/28-6/7	M-F	9-9:45 a.m.	2 wk	6701.201	EP
5/28-6/27	Tu/Th	6-6:45 p.m.	5 wk	6701.202	EP
6/1-6/29	Sa	11-11:45 a.m.	5 wk	6701.203	EP
6/8-7/6	Sa	9-9:25 a.m.	5 wk	6011.201	EP
7/20-8/17	Sa	9-9:25 a.m.	5 wk	6012.201	EP

StarTots

18 Mos-2 Yrs

6/8-7/6	Sa	9:30-9:55 a.m.	5 wk	6011.202	EP
6/8-7/6	Sa	10-10:25 a.m.	5 wk	6011.203	EP
7/20-8/17	Sa	9:30-9:55 a.m.	5 wk	6012.202	EP
7/20-8/17	Sa	10-10:25 a.m.	5 wk	6012.203	EP

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Session	1
3 C 33IUII	

6/3-6/14	M-F	9-9:25 a.m.	2 wk	6111.201	EP
6/3-6/14	M-F	9:30-9:55 a.m.	2 wk	6111.202	EP
6/3-6/14	M-F	10-10:25 a.m.	2 wk	6111.203	EP
6/3-6/14	M-F	11-11:25 a.m.	2 wk	6111.204	EP
6/4-7/2	Tu/Th	5-5:25 p.m.	5 wk	6111.205	EP
6/4-7/2	Tu/Th	5:30-5:55 p.m.	5 wk	6111.206	EP
6/4-7/2	Tu/Th	6:30-6:55 p.m.	5 wk	6111.207	EP
6/8-7/6	Sa	9-9:25 a.m.	5 wk	6111.208	EP
6/8-7/6	Sa	10-10:25 a.m.	5 wk	6111.209	EP
6/8-7/6	Sa	11-11:25 a.m.	5 wk	6111.210	EP
Session 2					
7/1-7/12	N/-E	0-0:25 am	2 W/F	6112 201	ED

Session 2					
7/1-7/12	M-F	9-9:25 a.m.	2 wk	6112.201	EP
7/1-7/12	M-F	9:30-9:55 a.m.	2 wk	6112.202	EP
7/1-7/12	M-F	10-10:25 a.m.	2 wk	6112.203	EP
7/1-7/12	M-F	11-11:25 a.m.	2 wk	6112.204	EP
7/16-8/15	Tu/Th	5-5:25 p.m.	5 wk	6112.205	EP
7/16-8/15	Tu/Th	5:30-5:55 p.m.	5 wk	6112.206	EP
7/16-8/15	Tu/Th	6:30-6:55 p.m.	5 wk	6112.207	EP
7/20-8/17	Sa	9-9:25 a.m.	5 wk	6112.208	EP
7/20-8/17	Sa	10-10:25 a.m.	5 wk	6112.209	EP
7/20-8/17	Sa	11-11:25 a.m.	5 wk	6112.210	EP

Session 3

7/29-8/9	M-F	9-9:25 a.m.	2 wk	6113.201	EP
7/29-8/9	M-F	9:30-9:55 a.m.	2 wk	6113.202	EP
7/29-8/9	M-F	10-10:25 a.m.	2 wk	6113.203	EP
7/29-8/9	M-F	11-11:25 a.m.	2 wk	6113.204	EP

Red

Session	

Session 1					
6/3-6/14	M-F	9-9:25 a.m.	2 wk	6211.201	EP
6/3-6/14	M-F	10-10:25 a.m.	2 wk	6211.202	EP
6/3-6/14	M-F	10:30-10:55 a.m.	2 wk	6211.203	EP
6/3-6/14	M-F	11-11:25 a.m.	2 wk	6211.204	EP
6/4-7/2	Tu/Th	5-5:25 p.m.	5 wk	6211.205	EP
6/4-7/2	Tu/Th	6-6:25 p.m.	5 wk	6211.206	EP
6/4-7/2	Tu/Th	6:30-6:55 p.m.	5 wk	6211.207	EP
Session 2					
6/8-7/6	Sa	9-9:25 a.m.	5 wk	6211.208	EP
6/8-7/6	Sa	10:30-10:55 a.m.	5 wk	6211.209	EP
6/8-7/6	Sa	11-11:25 a.m.	5 wk	6211.210	EP
Session 3					

Session 3					
7/1-7/12	M-F	9-9:25 a.m.	2 wk	6212.201	EP
7/1-7/12	M-F	10-10:25 a.m.	2 wk	6212.202	EP
7/1-7/12	M-F	10:30-10:55 a.m.	2 wk	6212.203	EP
7/1-7/12	M-F	11-11:25 a.m.	2 wk	6212.204	EP
7/16-8/15	Tu/Th	5-5:25 p.m.	5 wk	6212.205	EP
7/16-8/15	Tu/Th	6-6:25 p.m.	5 wk	6212.206	EP
7/16-8/15	Tu/Th	6:30-6:55 p.m.	5 wk	6212.207	EP
7/20-8/17	Sa	9-9:25 a.m.	5 wk	6212.208	EP
7/20-8/17	Sa	10:30-10:55 a.m.	5 wk	6212.209	EP
7/20-8/17	Sa	11-11:25 a.m.	5 wk	6212.210	EP
Session 4					

7/29-8/9	M-F	9-9:25 a.m.	2 wk	6203.201	EP
7/29-8/9	M-F	10-10:25 a.m.	2 wk	6203.202	EP
7/29-8/9	M-F	10:30-10:55 a.m.	2 wk	6203.203	EP
7/29-8/9	M-F	11-11:25 a.m.	2 wk	6203.204	EP

Yellow



Session 2

6/3-6/14 M-F 9:30-9:55 a.m. 2 wk 6311.202 6/3-6/14 M-F 10:30-10:55 a.m. 2 wk 6311.203 6/3-6/14 M-F 11:30-11:55 a.m. 2 wk 6311.204 6/4-7/2 Tu/Th 5-5:25 p.m. 5 wk 6311.205 6/4-7/2 Tu/Th 6-6:25 p.m. 5 wk 6311.206 6/4-7/2 Tu/Th 7-7:25 p.m. 5 wk 6311.207 6/8-7/6 Sa 9:30-9:55 a.m. 5 wk 6311.207 6/8-7/6 Sa 10:30-10:55 a.m. 5 wk 6311.209 6/8-7/6 Sa 11:30-11:55 a.m. 5 wk 6311.209 6/8-7/6 Sa 11:30-11:55 a.m. 5 wk 6311.210 Session 2 7/1-7/12 M-F 9-9:25 a.m. 2 wk 6312.201 7/1-7/12 M-F 9:30-9:55 a.m. 2 wk 6312.202 7/1-7/12 M-F 10:30-10:55 a.m. 2 wk 6312.203 7/1-7/12 M-F 11:30-11:55 a.m. 5 wk 6312.204 7/16-8/15 Tu/Th 5-5:25 p.m. 5 wk 6312.205 7/16-8/15 Tu/Th 6-6:25 p.m. 5 wk 6312.206 7/20-8/17 Sa 9:30-9:55 a.m. 5 wk 6312.207 7/20-8/17 Sa 10:30-10:55 a.m. 5 wk 6312.208 7/20-8/17 Sa 10:30-10:55 a.m. 5 wk 6312.209 7/20-8/17 Sa 10:30-10:55 a.m. 5 wk 6312.209 7/20-8/17 Sa 10:30-10:55 a.m. 5 wk 6312.200 Session 3 7/29-8/9 M-F 9-9:25 a.m. 2 wk 6313.201 7/29-8/9 M-F 9:30-9:55 a.m. 2 wk 6313.202 7/29-8/9 M-F 10:30-10:55 a.m. 2 wk 6313.202 7/29-8/9 M-F 10:30-10:55 a.m. 2 wk 6313.202 7/29-8/9 M-F 9:30-9:55 a.m. 2 wk 6313.203 7/29-8/9 M-F 10:30-10:55 a.m. 2 wk 6313.203 7/29-8/9 M-F 10:30-10:55 a.m. 2 wk 6313.204 Blue Session 1 6/3-6/14 M-F 10:30-10:55 a.m. 2 wk 6411.201 6/3-6/14 M-F 10:30-10:55 a.m. 2 wk 6411.202 6/3-6/14 M-F 10:30-10:55 a.m. 5 wk 6411.203 6/3-6/14 M-F 10:30-10:55 a.m. 5 wk 6411.204 6/3-7/2 Tu/Th 6-6:25 p.m. 5 wk 6411.205 6/3-7/2 Tu/Th 7-7:25 p.m. 5 wk 6411.205 6/3-7/2 Tu/Th 7-7:25 p.m. 5 wk 6411.206 6/3-7/2 Tu/Th 7-7:25 p.m. 5 wk 6411.206 6/3-7/2 Tu/Th 7-7:25 p.m. 5 wk 6411.207	Session 1					
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6/4-7/2 Tu/Th 5:30-5:55 p.m. 5 wk 6411.204 6/4-7/2 Tu/Th 6-6:25 p.m. 5 wk 6411.205 6/4-7/2 Tu/Th 7-7:25 p.m. 5 wk 6411.206 6/8-7/6 Sa 9:30-9:55 a.m. 5 wk 6411.207			11:30-11:55 a.m.		-	EP
6/4-7/2 Tu/Th 6-6:25 p.m. 5 wk 6411.205 6/4-7/2 Tu/Th 7-7:25 p.m. 5 wk 6411.206 6/8-7/6 Sa 9:30-9:55 a.m. 5 wk 6411.207	6/4-7/2					EP
6/4-7/2 Tu/Th 7-7:25 p.m. 5 wk 6411.206 6/8-7/6 Sa 9:30-9:55 a.m. 5 wk 6411.207	6/4-7/2		· · · · · · · · · · · · · · · · · · ·			EP
6/8-7/6 Sa 9:30-9:55 a.m. 5 wk 6411.207			7-7:25 p.m.	5 wk	6411.206	EP
	6/8-7/6		9:30-9:55 a.m.		6411.207	EP
	6/8-7/6	Sa	10:30-10:55 a.m.	5 wk	6411.208	EP

11:30-11:55 a.m.

5 wk 6411.209

EP

6/8-7/6

7/1-7/12	M-F	9:30-9:55 a.m.	2 wk	6412.201	EP
7/1-7/12	M-F	10:30-10:55 a.m.	2 wk	6412.202	EP
7/1-7/12	M-F	11:30-11:55 a.m.	2 wk	6412.203	EP
7/16-8/15	Tu/Th	5:30-5:55 p.m.	5 wk	6412.204	EP
7/16-8/15	Tu/Th	6-6:25 p.m.	5 wk	6412.205	EP
7/16-8/15	Tu/Th	7-7:25 p.m.	5 wk	6412.206	EP
7/20-8/17	Sa	9:30-9:55 a.m.	5 wk	6412.207	EP
7/20-8/17	Sa	10:30-10:55 a.m.	5 wk	6412.208	EP
7/20-8/17	Sa	11:30-11:55 a.m.	5 wk	6412.209	EP
Session 3					
7/29-8/9	M-F	9:30-9:55 a.m.	2 wk	6413.201	EP
7/29-8/9	M-F	10:30-10:55 a.m.	2 wk	6413.202	EP
7/29-8/9	M-F	11:30-11:55 a.m.	2 wk	6413.203	EP
Скоор					
Green					
Session 1					
6/3-6/14	M-F	10-10:25 a.m.	2 wk	6511.201	EP
6/3-6/14	M-F	11-11:25 a.m.	2 wk	6511.202	EP
6/3-6/14	M-F	11:30-11:55 a.m.	2 wk	6511.203	EP
6/4-7/2	Tu/Th	5:30-5:55 p.m.	5 wk	6511.204	EP
6/4-7/2	Tu/Th	6:30-6:55 p.m.	5 wk	6511.205	EP
6/4-7/2	Tu/Th	7-7:25 p.m.	5 wk	6511.206	EP
6/8-7/6	Sa	10-10:25 a.m.	5 wk	6511.207	EP
6/8-7/6	Sa	11-11:25 a.m.	5 wk	6511.208	EP
6/8-7/6	Sa	11:30-11:55 a.m.	5 wk	6511.209	EP
Session 2					
7/1-7/12	M-F	10-10:25 a.m.	2 wk	6512.201	EP
7/1-7/12	M-F	11-11:25 a.m.	2 wk	6512.202	EP
7/1-7/12	M-F	11:30-11:55 a.m.	2 wk	6512.203	EP
7/16-8/15	Tu/Th	5:30-5:55 p.m.	5 wk	6512.204	EP
7/16-8/15	Tu/Th	6:30-6:55 p.m.	5 wk	6512.205	EP
7/16-8/15	Tu/Th	7-7:25 p.m.	5 wk	6512.206	EP
7/20-8/17	Sa	10-10:25 a.m.	5 wk	6512.207	EP
7/20-8/17	Sa	11-11:25 a.m.	5 wk	6512.208	EP
7/20-8/17	Sa	11:30-11:55 a.m.	5 wk	6512.209	EP
Session 3					
7/29-8/9	M-F	10-10:25 a.m.	2 wk	6513.201	EP
7/29-8/9	M-F	11-11:25 a.m.	2 wk	6513.202	EP
7/29-8/9	M-F	11:30-11:55 a.m.	2 wk	6513.203	EP



STROKE SCHOOL AT EAGLE POINTE

Stroke School 1 (Freestyle & Backstroke)

Session 1					
6/3-6/14	M-F	9-9:45 a.m.	2 wk	6611.201	EP
6/3-6/14	M-F	10-10:45 a.m.	2 wk	6611.202	EP
6/4-7/2	Tu/Th	5-5:45 p.m.	5 wk	6611.203	EP
6/8-7/6	Sa	9-9:45 a.m.	5 wk	6611.204	EP
6/8-7/6	Sa	10-10:45 a.m.	5 wk	6611.205	EP
Session 2					
7/1-7/12	M-F	9-9:45 a.m.	2 wk	6612.201	EP
7/1-7/12	M-F	10-10:45 a.m.	2 wk	6612.202	EP
7/16-8/15	Tu/Th	5-5:45 p.m.	5 wk	6612.203	EP
7/20-8/17	Sa	9-9:45 a.m.	5 wk	6612.204	EP
7/20-8/17	Sa	10-10:45 a.m.	5 wk	6612.205	EP
Session 3					
7/29-8/9	M-F	9-9:45 a.m.	2 wk	6613.201	EP
7/29-8/9	M-F	10-10:45 a.m.	2 wk	6613.202	EP

Stroke School 2 (Breaststroke & Butterfly)

Session 1					
6/3-6/14	M-F	11-11:45 a.m.	2 wk	6711.201	EP
6/4-7/2	Tu/Th	6-6:45 p.m.	5 wk	6711.202	EP
6/8-7/6	Sa	11-11:45 a.m.	5 wk	6711.203	EP
Session 2					
7/1-7/12	M-F	11-11:45 a.m.	2 wk	6712.201	EP
7/16-8/15	Tu/Th	6-6:45 p.m.	5 wk	6712.202	EP
7/20-8/17	Sa	11-11:45 a.m.	5 wk	6712.203	EP
7/29-8/9	M-F	11-11:45 a.m.	2 wk	6703.201	EP

POOL AMENITIES

Lap Pool

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

SCHOLARSHIP PROGRAMS

Commerce City offers scholarship funds for programs and activities. All ages may apply for up to 50% off each class session; proof of income or participation in government assistance programs is required. Commerce City residents only. A minimum \$21 program fee applies. Please visit our scholarship webpage at **c3gov.com/prg-scholarships**, or call 303-286-6837 for more information.





The age range included with dance class descriptions is a general guideline. Instructors will recommend the appropriate class level for students based on their skills. Students who start in one class might be asked to move to a different class in an effort to match abilities. Summer/Fall performance classes will end with a Fall recital in November. Register early to take advantage of discounted class fees. Late registration fees will apply starting June 11th and class fees will increase by \$10. Information listed is subject to change.

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. Ballet shoes are required.

Non-Performance

Age 3

6/18-11/19	Tu	5:30-6 p.m.	\$70/\$80	1001.201	EP
*No class 7	1/2,9/3	, 9/10.			

Performance

Age 4

6/18-11/19	Tu	6-6:30 p.m.	\$82/\$92	1001.202	EP
*No class 7	/2, 9/3	3, 9/10.			

Age 4

6/17-11/18	M	5:30-6 p.m.	\$82/\$92	1051.203	BR
*No class 7	/1, 8/19,	8/26.			

BALLET & TAP

Performance

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

BEGINNING

Ages 5-6

_			
6/17-11/18 M 6-6:45 p.m. *No class 7/1, 8/19, 8/26.	\$91/\$101	1151.201	BR
6/17-11/18 M 6:45-7:30 p.m. *No class 7/1, 8/19, 8/26.	\$91/\$101	1151.202	BR
6/18-11/19 Tu 6:30-7:15 p.m. *No class 7/2, 9/3, 9/10.	\$91/\$101	1101.201	EP
6/18-11/19 Tu 7:15-8 p.m. *No class 7/2, 9/3, 9/10.	\$91/\$101	1101.202	EP
6/20-11/21 Th 5:30-6:15 p.m. *No class 7/4, 8/22, 8/29, 10/31.	\$91/\$101	1151.203	BR
6/21-11/22 F 5:30-6:15 p.m. *No class 7/5, 9/6, 9/13.	\$91/\$101	1101.203	EP

JAZZ

Performance

Ages 7-11

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

6/20-11/21	Th	6:30-7:30 p.m.	\$95/\$105	1551.201	BR
*No class 7	<i> </i> 4, 8/22	, 8/29, 10/31.			

BEGINNING POMS

Performance

Ages 8 to 12

The poms program prepares dancers for high school, college, or professional dance teams. The classes teach sharp, clean motions through floor and pom combinations. These classes



DANCE

also concentrate on the many skills that are required by dance teams such as jumps, leaps, and turns.

		7:30-8:30 p.m. 2, 8/29, 10/31.	\$95/\$105	1451.201	BR		
		6:30-7:30 p.m.	\$95/\$105	1401.201	EP		
*No class 7/5, 9/6, 9/13.							

LYRICAL DANCE

Performance

Ages 12 and older

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

6/20-11/21	Th	8:30-9:30 p.m.	\$95/\$105	1391.201	BR
*No class 7/4, 8/22, 8/29, 10/31					
6/17-11/18	М	6:30-7:30 p.m.	\$95/\$105	1301.202	EP

HIP HOP

Performance

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

Beginning

Ages 7-10

6/19-11/20 *No class 7		5:30-6:30 p.m. I, 8/28.	\$95/\$105	1251.201	BR
6/20-11/21	Th	5:30-6:30 p.m.	\$95/\$105	1201.201	EP
*No class 7/4, 9/5, 9/12.					

INTERMEDIATE LEVEL

Ages 11-16

6/20-11/21 *No class 7		6:30-7:30 p.m. 9/12.	\$95/\$105	1211.201	EP
6/19-11/20	W	6:30-7:30 p.m.	\$95/\$105	1261.201	BR
*No class 7	/3, 8/21	, 8/28.			

ADVANCED LEVEL BY INSTRUCTOR INVITATION ONLY

6/19-11/20	W	7:30-8:30 p.m	\$95/\$105	1291.201	BR
*No class 7	/3, 8/2	1, 8/28.			

BALLET BASICS

Non-Performance

Age 3

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

6/18-11/19	Tu	4:30-5 p.m.	\$70/\$80	1651.201	BR
*No class 7	/2,8/2	0, 8/27.			

BALLET BASICS

Performance

Age 4

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

6/18-11/19	Tu	5-5:30 p.m.	\$82/\$92	2	1651.202	BR
*No class 7	/2, 8/20,	8/27.				

INTRODUCTION TO BALLET

Performance

Ages 5-6

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

6/18-11/19	Tu	5:30-6:15 p.m.	\$91/\$101	1661.201	BR
*No class 7	7/2,8/2	0, 8/27			

INTERMEDIATE BALLET

Ages 7-8

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

6/18-11/19 *No class 7		6:15-7:15 p.m. , 8/27	\$95/\$105	1671.201	BR	
6/17-11/18	М	5:30-6:30 p.m.	\$95/\$105	1671.201	EP	
*No class 7	*No class 7/1, 8/19, 8/28					



DROP-IN GROUP FITNESS CLASSES

BISON RIDGE & EAGLE POINTE

Drop-in Group Fitness classes are included with a recreation center membership or punch card. Participants must be 16 years of age or older to participate in classes. Class size is limited based on room size and class format. Sliver Sneakers classes do not require a Silver Sneakers membership to attend. The most up-to-date information about classes can be found online at c3gov.com/fitness.

AQUA FITNESS

Aqua fitness classes take place in the pool at both Bison Ridge and Eagle Point. With the water supporting your body, exercise is easier on the joints and muscles. Aqua fit classes are great for building muscle and strength, as well as increasing your cardio endurance.

CARDIO + STRENGTH INTERVAL TRAINING

Cardio + Strength classes combine exercises that elevate your heart rate and to increase endurance strength exercises.

CYCLING

Indoor cycling classes include low-impact cardio intervals. We have knowledgeable instructors to help you get your bike set correctly and comfortably to ensure you get the most out of your workout.

DANCE BASED

Danced-based classes will give you a total body workout while you enjoy different genres of music, from Latin-inspired music to today's hottest hits.

SILVER SNEAKERS

Geared to older Active Adults, but open to everyone, we offer a variety of classes at both facilities including Silver Sneakers Classic, Silver Sneakers Circuit, or Sliver Sneakers Boom.

STRENGTH TRAINING

We have a variety of strength-based classes including quick, 30-minute strength training classes to hour-long classes.

YOGA/PILATES

Improve flexibility, posture, and core strength. We offer gentle yoga classes, higher intensity, vinyasa flow, and Pilates classes that focus on strengthening and toning your whole body.

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

PERSONAL TRAINING SERVICES

BISON RIDGE & EAGLE POINTE

PERSONAL TRAINING

Our nationally certified trainer will start with an individual fitness assessment and then develop a workout plan specially designed to help you meet your fitness goals. Sessions are available in: 3, 6, and 10 sessions. Fill out an intake packet at Bison Ridge or Eagle Pointe front desk. After review, your trainer will contact you. View trainer bios on our website at c3gov.com/fitness.

For more information about any of these fitness services or to schedule an appointment with fitness professional, call 303-286-6835, or email aeasterday@c3qov.com.

FITNESS EQUIPMENT ORIENTATION

14 years and older

Orientations include a demonstration of the proper use of equipment, weight room etiquette and proper equipment safety. Call 303-286-6835 to schedule.

FITNESS ASSESSMENTS

14 years or older

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

FITNESS & WELLNESS PROGRAMS

TRX + KETTLEBELLS

Ages 16 years and older

This class uses TRX straps and Kettlebells to give you a full-body workout. Learn proper form in a small group setting. Tone and strengthen all your major muscle groups while getting your heart rate up to burn calories. Led by a Certified Personal Trainer.

6/5 - 7/10 W 6:45-7:45 p.m. \$70/\$75 3151.201 BR

PRENATAL FITNESS

Ages 16 years and older

Stay active, fit, and strong throughout your pregnancy with this 4-week fitness course. Taught by a certified personal trainer with a certificate in pregnancy and postpartum athleticism.

6/5 - 6/26 W 10-11 a.m. \$40/\$45 3152.201 BR



WOMEN ON WEIGHTS

Ages 16 years and older

Women on weights uses dumbbells, barbells, bands, steps, and more. This class is perfect for women who would like to learn the proper mechanics of weight training. You will gain muscular strength and endurance.

6/8 – 6/29	Sa	9-10 a.m.	\$45/\$55	3161.201	BR	
7/13- 8/3	Sa	9-10 a.m.	\$45/\$55	3162.201	BR	

ADVANCED WOMEN ON WEIGHTS

Age 16 years and older

This advanced weightlifting class is for those with previous experience lifting who have mastered basic techniques. A personal trainer will lead this intensive class focused on muscular strength and endurance.

6/3 – 6/24	М	6:45-7:45 p.m.	\$35/\$40	3171.201	BR
7/8 - 7/29	М	6:45-7:45 p.m.	\$35/\$40	3173.201	BR

BODY BLITZ BOOT CAMP

16 years and older

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. The class is taught by a certified personal trainer who hold you accountable for your workout to help you see results. Open to all fitness levels!

4/15 - 5/22 M/W 5:30-6:30 p.m. \$120/\$125 3452.201 BR

HIIT THE DECK SUMMER CHALLENGE

16 years and older

Join our summer fitness challenge and meet your fitness goals! The class will be led by a certified personal trainer who will help you meet your conditioning, strength, muscle growth, and weight goals. Twice weekly workouts will be held on the Bison Ridge outdoor deck to enjoy the summer weather! No class July 4.

6/10 - 7/18 M/Th 9-10 a.m. \$120/125 3453.201 BR

YOGA PEACE & RESTORE

16 years and older

An hour-long progressive class that will open your body, mind, and soul through long deep stretches, restorative poses, breath work, tapping, and self-centering. This class is open to all levels and would be beneficial for people experiencing high stress, anxiety, recovering from injuries and anything in between.

6/6 - 6/27	Th	7-8 p.m.	\$40/45	3351.201	BR
7/11-8/1	Th	7-8 p.m.	\$40/45	3352.201	BR

TAEKWONDO

8 years and older

Develop self-discipline, endurance, coordination, and self-confidence through Taekwondo. Throughout the sessions, learn self-defense, jiu jitsu, sparring, and combination movements. You will be tested on jump kicks, sparring, board breaking and more to move up in belt rank. Uniforms and pads available for additional purchase, but not required.

4/16-5/21	Tu	6:30-8 p.m.	\$45/\$50 3	901.201	EP
4/16 - 5/23	Tu/Th	6:30-8 p.m.	\$90/\$95 3	901.202	EP
4/18 -5/23	Th	6:30-8 p.m.	\$45/\$50 3	901.203	EP
6/4-7/16	Tu	6:30-8 p.m.	\$45/\$50 3	902.201	EP
6/4-7/18	Tu/Th	6:30-8 p.m.	\$90/\$95 3	902.202	EP
6/6-7/18	Th	6:30-8 p.m.	\$45/\$50 3	902.203	EP

^{*}No class the week of July 1st

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

^{*}Outdoor policy follows pool policy for weather.

^{*}Outdoor policy follows pool policy for weather.



BOOK A TEE TIME

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

Sign up online at **BuffaloRunGolfCourse.com** to participate in our eClub.

Sign up online to participate in our eClub. By doing so you will receive a free green fee on your birthday.

LOCATION

15700 E. 112th Avenue Commerce City, CO 80022 303–289–1 500

Golf Course Hours*

Sunrise-Sunset

Driving Range Hours*

Sunrise-One hour prior to sunset

*Weather permitting

SUMMER RATES

March 10-November 3

Resident	9 Hole	18 Hole
M-Th	\$18	\$32
F–Su	\$22	\$37
Non-resident	9 Hole	18 Hole
M-Th	\$25	\$40
F–Su	\$27	\$44
Senior Resident (62+)	9 Hole	18 Hole
M-Th (excludes holidays)	\$14	\$25

Senior Non-resident (62+)	9 Hole	18 Hole
M-Th (excludes holidays)	\$15	\$27
Junior (17 and younger)	9 Hole	18 Hole
M-Th F-Su (after 1 p.m.)	\$7 \$7	\$13 \$13
Other Rates	9 Hole	18 Hole
Cart rental (per person) Pull cart Club rental standard Range balls	\$12 \$5 \$8 \$4 small	\$17 \$9 \$13 \$6 large

Prices do not include tax. Tee times can be reserved seven days in advance. For more information on special twilight rates, call 303-289-1500 or visit **BuffaloRunGolfCourse.com**.

Junior Programs

Session 2	*7/8-8/5
Session 1	6/3-6/24
Ages 5-11	

^{*}No Instruction on 7/22

Junior Golf Camp

Junior Golf Mini Camp for Beginners (Ages 8-10 and 11-13) This three-day camp will cover fundamentals of the game of golf including, full swing, short game, on-course experiences, golfer etiquette, and rules. Lunch will be provided each day. Junior golfer will leave with an improved golf game, more confidence in their ability, and a memory guaranteed to be one of the highlights of their summer. Call 303-289-1500 to register.

Session 1 (S	pace is Limited)		
June 5 - 7	Ages 8 - 10	9 a.m noon	\$175
Session 2 (S	space is Limited)		
June 5 - 7	Ages 11 - 13	1-4 p.m.	\$175
Session 3 (S	Space is Limited)		
June 19 - 21	Ages 8 -10	9 a.m noon	\$175
Session 4 (S	Space is Limited)		
June 19 - 21	Ages 11 - 13	1-4 p.m.	\$175

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.

Buffalo Run Men's and Women's Club

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

Golf Divas

Goit Divas			
4/16	Tu	5:15 p.m.	4-Player Scramble
5/7	Tu	5:15 p.m.	4-Player Scramble
5/28	Tu	5:15 p.m.	4-Player Scramble
6/18	Tu	5:15 p.m.	4-Player Scramble
Nine and I 4/20	Dine Sa	5 p.m.	I love the 70's
5/4	Sa	5 p.m.	Star Wars
5/25	Sa	5 p.m.	Backyard Bash
6/15	Sa	5 p.m.	Movie Night

Discover Golf

Discover Golf: \$35 per session

A great instructional program for beginner and intermediate golfers. This one-day golf instructional program allows golfers to focus on either their Short Game (Putting and Short Shots) or Long Game (Full-Swing). Each session includes (4) range ball vouchers and a take-home gift. Space is limited.

4/14	Su	3 - 4 p.m. Short Game
4/14	Su	4:30-5:30 p.m. Long Game
4/28	Su	3 - 4 p.m. Short Game
4/28	Su	4:30-5:30 p.m. Long Game
5/5	Su	3 -4 p.m. Short Game
5/5	Su	4:30-5:30 p.m. Long Game
5/19	Su	3 - 4 p.m. Short Game
5/19	Su	4:30-5:30 p.m. Long Game

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.

PGA HOPE at Buffalo Run: Free 6-Week Golf Program

Buffalo Run in partnership with the PGA HOPE (Helping Our Patriots Everywhere) program provides veterans, retirees, and active-duty service members the opportunity to attend FREE golf clinics. Veterans can learn the game of golf in a fun and interactive 6-week training program led by Buffalo Run's PGA professionals. Participants will receive basic training on the game of golf, covering everything from the flat stick to the boomstick. Visit pgahope.com to register.

3/21-4/25	Th	3:30-5 p.m.
3/21-4/25	Th	5:30-7 p.m.
5/2-6/13	Th	4 -5:30 p.m.
5/2-6/13	Th	6 -7:30 p.m.
7/18-8/22	Th	4 -5:30 p.m.
7/18-8/22	Th	6 -7:30 p.m.

Club Fitting Series

Mizuno 4/14 Su Fittings available from 10 a.m. - 2 p.m.

Taylormade 4/21, 5/19 Su Fittings available from 10 a.m. – 2 p.m.

Callaway 4/7, 5/5 Su Fittings available from 10 a.m. – 2 p.m.





Registration for parent-taught and pre-gymnastics starts April 2 for Residents and April 4 for Non-Residents. Starting on May 7 late registration fees will apply and class fees will increase by \$10. Please register early to secure your spot and enjoy the discounted class rates.

PRE-SCHOOL CLASSES

PARENT-TAUGHT

Ages 2-4 with 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.

*5/13-6/17	М	9-9:45 a.m.	\$23/\$33	2101.201	BR
*5/13-6/17	М	10-10:45 a.m.	\$23/\$33	2101.202	BR
*5/13-6/17	М	2-2:45 p.m.	\$23/\$33	2101.203	BR
5/15-6/19	W	9-9:45 a.m.	\$27/\$37	2101.204	BR
5/15-6/19	W	10-10:45 a.m.	\$27/\$37	2101.205	BR
5/17-6/21	F	9:30-10:15 a.m.	\$27/\$37	2101.206	BR
5/18-6/22	Sa	9-9:45 a.m.	\$27/\$37	2101.207	BR
7/8-8/12	М	9-9:45 a.m.	\$27/\$37	2102.201	BR
7/8-8/12	М	10-10:45 a.m.	\$27/\$37	2102.202	BR
7/8-8/12	М	2-2:45 p.m.	\$27/\$37	2102.203	BR
7/10-8/14	w	9-9:45 a.m.	\$27/\$37	2102.204	BR
7/10-8/14	w	10-10:45 a.m.	\$27/\$37	2102.205	BR
7/12-8/16	F	9:30-10:15 a.m.	\$27/\$37	2102.206	BR
7/13-8/17 *No class 5	Sa 5/27	9-9:45 a.m.	\$27/\$37	2102.207	BR

PRE-GYMNASTICS

Instructors introduce children to basic gymnastics using all types of equipment in this coed class. Boys and girls will explore how their bodies move using songs, balls and parachutes, and gymnastics equipment. This class helps children improve coordination, motor skills, self-confidence and listening skills.

Ages 4-5

*5/13-6/17	М	11-11:45 a.m.	\$23/\$33	2201.201	BR
*5/13-6/17	М	Noon-12:45 p.m.	\$23/\$33	2201.202	BR
*5/13-6/17	М	3-3:45 p.m.	\$23/\$33	2201.203	BR
5/15-6/19	w	11-11:45 a.m.	\$27/\$37	2201.204	BR
5/17-6/21	F	10:30-11:15 a.m.	\$27/\$37	2201.205	BR
5/17-6/21	F	11:30-12:15 p.m.	\$27/\$37	2201.206	BR
5/18-6/22	Sa	10-10:45 a.m.	\$27/\$37	2201.207	BR
5/18-6/22	Sa	11-11:45 a.m.	\$27/\$37	2201.208	BR
7/8-8/12	М	11-11:45 a.m.	\$27/\$37	2202.201	BR
7/8-8/12	М	Noon-12:45 p.m.	\$27/\$37	2202.202	BR
7/8-8/12	М	3-3:45 p.m.	\$27/\$37	2202.203	BR
7/10-8/14	w	11-11:45 a.m.	\$27/\$37	2202.204	BR
7/12-8/16	F	10:30-11:15 a.m.	\$27/\$37	2202.205	BR
7/12-8/16	F	11:30-12:15 p.m.	\$27/\$37	2202.206	BR
7/13-8/17	Sa	10-10:45 a.m.	\$27/\$37	2202.207	BR
7/13-8/17 *No class 5	Sa 5/27.	11-11:45 a.m.	\$27/\$37	2202.208	BR



GYMNASTICS

ADAPTIVE GYMNASTICS

Ages 4-17

The SOAR program was created to be all inclusive and provide a recreational outlet to children with neurological or physical disabilities. SOAR stands for Success and Opportunity Achieved through Recreation. This program allows children with disabilities to participate in the sport of gymnastics. IEP is required to register for this class. Registration for this class will be held on April 9 starting at 2 p.m.

Please call 303-286-6814 to sign up.

5/18-6/22	Sa	4-4:45 p.m.	\$27/\$37	2601.201	BR
7/13-8/17	Sa	4-4:45 p.m.	\$27/\$37	2602.201	BR

EARLY REGISTRATION

Early registration for beginning, advanced beginning and intermediate class levels starts April 30 for residents and May 2 for non-residents for session 1, ending on May 6. Starting May 7, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Session 2 early registration opens June 25 for residents and June 27 for non-residents, ending on July 1. Starting on July 2, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Please register early to secure your spot and enjoy the discounted class rates.

Beginning Gymnastics

Ages 6-17

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

*5/13-6/17	М	4:30-5:30 p.m.	\$27/\$37	2301.201	BR
*5/13-6/17	М	5:30-6:30 p.m.	\$27/\$37	2301.202	BR
*5/13-6/17	М	7:30-8:30 p.m.	\$27/\$37	2301.203	BR
*5/13-6/17	М	7:30-8:30 p.m.	\$27/\$37	2301.204	BR
5/15-6/19	w	4:30-5:30 p.m.	\$32/\$42	2301.205	BR
5/15-6/19	w	6:30-7:30 p.m.	\$32/\$42	2301.206	BR
5/15-6/19	w	7:30-8:30 p.m.	\$32/\$42	2301.207	BR
5/15-6/19	w	7:30-8:30 p.m.	\$32/\$42	2301.208	BR
5/18-6/22	Sa	1-2 p.m.	\$32/\$42	2301.209	BR
7/8-8/12	М	4:30-5:30 p.m.	\$32/\$42	2302.201	BR
7/8-8/12	М	5:30-6:30 p.m.	\$32/\$42	2302.202	BR
7/8-8/12	М	7:30-8:30 p.m.	\$32/\$42	2302.203	BR
7/8-8/12	М	7:30-8:30 p.m.	\$32/\$42	2302.204	BR
7/10-8/14	w	4:30-5:30 p.m.	\$32/\$42	2302.205	BR

7/10-8/14	w	6:30-7:30 p.m.	\$32/\$42	2302.206 BR
7/10-8/14	w	7:30-8:30 p.m.	\$32/\$42	2302.207 BR
7/10-8/14	w	7:30-8:30 p.m.	\$32/\$42	2302.208 BR
7/13-8/17 *No class !	Sa 5/27.	1-2 p.m.	\$32/\$42	2302.209 BR

GO BEYOND BASICS

ADVANCED BEGINNING GYMNASTICS

Ages 6-17

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

*5/13-6/17	М	4:30-5:30 p.m.	\$27/\$37	2311.201	BR
*5/13-6/17	М	6:30-7:30 p.m.	\$27/\$37	2311.202	BR
5/15-6/19	W	5:30-6:30 p.m.	\$32/\$42	2311.203	BR
5/18-6/22	Sa	1-2 p.m.	\$32/\$42	2311.204	BR
5/18-6/22	Sa	2-3 p.m.	\$32/\$42	2311.205	BR
7/8-8/12	М	4:30-5:30 p.m.	\$32/\$42	2312.201	BR
7/8-8/12	М	6:30-7:30 p.m.	\$32/\$42	2312.202	BR
7/10-8/14	W	5:30-6:30 p.m.	\$32/\$42	2312.203	BR
7/13-8/17	Sa	1-2 p.m.	\$32/\$42	2312.204	BR
7/13-8/17 *No class 5	Sa 5/27.	2-3 p.m.	\$32/\$42	2312.205	BR

INTERMEDIATE GYMNASTICS

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

Ages 6-17

М	6-7:30 p.m.	\$40/\$50	2321.201	BR
w	6-7:30 p.m.	\$40/\$50	2321.202	BR
Sa	2-3:30 p.m.	\$40/\$50	2321.203	BR
М	6-7:30 p.m.	\$40/\$50	2322.201	BR
W	6-7:30 p.m.	\$40/\$50	2322.202	BR
Sa 5/27.	2-3:30 p.m.	\$40/\$50	2322.203	BR
	W Sa M W	W 6-7:30 p.m. Sa 2-3:30 p.m. M 6-7:30 p.m. W 6-7:30 p.m. Sa 2-3:30 p.m.	W 6-7:30 p.m. \$40/\$50 Sa 2-3:30 p.m. \$40/\$50 M 6-7:30 p.m. \$40/\$50 W 6-7:30 p.m. \$40/\$50 Sa 2-3:30 p.m. \$40/\$50	W 6-7:30 p.m. \$40/\$50 2321.202 Sa 2-3:30 p.m. \$40/\$50 2321.203 M 6-7:30 p.m. \$40/\$50 2322.201 W 6-7:30 p.m. \$40/\$50 2322.202 Sa 2-3:30 p.m. \$40/\$50 2322.203

GYMNASTICS



PRE-TEAM

Ages 6-17

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

5/17-6/21	F	5:30-7:30 p.m.	\$50/\$60	2441.201	BR
5/18-6/22	Sa	2-4 p.m.	\$50/\$60	2441.202	BR
7/12-8/16	F	5:30-7:30 p.m.	\$50/\$60	2442.201	BR
7/13-8/17	Sa	2-4 p.m.	\$50/\$60	2442.202	BR

BOYS BEGINNING

Ages 6-17

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

5/17-6/21	F	4:30-5:30 p.m.	\$32/\$42	2351.201	BR
5/17-6/21	F	4:30-5:30 p.m.	\$32/\$42	2351.202	BR
7/12-8/16	F	4:30-5:30 p.m.	\$32/\$42	2352.201	BR
7/12-8/16	F	4:30-5:30 p.m.	\$32/\$42	2352.202	BR

CARA BOYS GYMNASTICS TEAM

By instructor invitation only. 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.

5/15-6/19	W	7:30-9:30 p.m.	\$47/\$57	2361.201	BR
5/17-6/21	F	5:30-7:30 p.m.	\$47/\$57	2361.202	BR
7/10-8/14	W	7:30-9:30 p.m.	\$47/\$57	2362.201	BR
7/12-8/16	F	5:30-7:30 p.m.	\$47/\$57	2362.202	BR

CARA TEAMS

CARA teams offer chance to compete in gymnastics

Registration for all CARA team level programs start December 5 for residents and December 7 for non-residents. There is an additional \$10 charge to register for classes within one week of the start date. To enjoy the fees listed below, register early.

CARA GIRLS GYMNASTICS TEAM COMPULSORY LEVEL 3 AND 4

Ages 6-17

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

5/2-5/30	Tu/Th	5-7 p.m.	\$127/\$137	2401.201	BR
6/4-6/27	Tu/Th	5-7 p.m.	\$114/\$124	2402.201	BR
7/9-7/30	Tu/Th	5-7 p.m.	\$101/\$111	2403.201	BR
8/1-8/15	Tu/Th	5-7 p.m.	\$88/\$98	2404.201	BR

CARA GIRLS GYMNASTICS TEAM OPTIONAL LEVELS

Ages 6-17

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

5/2-5/30	Tu/Th	7-9:30 p.m.	\$141/\$151 2411.201 BR
6/4-6/27	Tu/Th	7-9:30 p.m.	\$126/\$136 2412.201 BR
7/9-7/30	Tu/Th	7-9:30 p.m.	\$112/\$122 2413.201 BR
8/1-8/15	Tu/Th	7-9:30 p.m.	\$96/\$106 2414.201 BR

WHAT TO WEAR AND LESSON INFORMATION

Clothing

Girls should wear leotards and spandex shorts; boys and all children ages 2–4 should wear sweatpants 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) \$31/\$41
- One-hour private lesson (1 person) \$45/\$55
- One-hour semiprivate (up to 3 people) \$35/\$45 per person

Class-Level Coach

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



SPECIAL OPPORTUNITIES IN ADAPTIVE RECREATION

Commerce City's SOAR program is designed to assist individuals in the community who have physical or intellectual differences or disabilities.

The programs offered below have been adapted to accommodate SOAR participants. If an individual would like to participate in any programs within this guide and may require adaptive assistance to do so, please contact Zach Venn, Supervisor of Community Connections and Inclusion Services.

Zach Venn, Recreation Supervisor – Community Connections and Inclusion Services

Zvenn@c3gov.com 303-289-3761

Patty Nisbet, Recreation Coordinator – Outdoor and Adaptive Programs

pnisbet@c3gov.com 303-289-3674

YOUTH PROGRAMS

These are programs offered by Youth Services that will have adaptive elements integrated into the class.

ART

Ages 9-12

Participants will enjoy the freedom to follow their imagination and creativity wherever it takes them. There is a potential in painting, drawing, or an artistic project.

5/28	Tu	9 a.mnoon	\$3/\$5	7511.201	EP
8/17	Sa	9 a.mnoon	\$3/\$5	7511.202	EP

STORY TIME IN THE PARK

Ages 3-5

Dive into a story in the park and end the morning with a themed activity that will go with the book.

7/2	Tu	9 -10 a.m.	\$3/\$5	7501.201	BR
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FITNESS TRAINING

Ages 14+

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

SWIMMING LESSONS AT EAGLE POINTE

Ages 4-7 and 8-14

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

Ages 4-7

6/8-7/6	Sa	8-8:25 a.m.	\$10/\$14	6701.201	EP
7/13-8/17	Sa	8-8:25 a.m.	\$10/\$14	6702.201	EP
Ages 8-14	ı				
6/8-7/6	Sa	8:30-8:55 a.m.	\$10/\$14	6701.202	EP
7/13-8/17	Sa	8:30-8:55 a.m.	\$10/\$14	6702.202	EP

ADAPTIVE GYMNASTICS

Ages 4-17

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

5/18-6/22	Sa	4 - 4:45 p.m.	\$27/\$37	2601.201	BR
7/13-8/17	Sa	4 - 4:45 p.m.	\$27/\$37	2602.201	BR



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

Henderson Hill Overlook & Buckley Trails

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

Sand Creek Regional Greenway

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

Prairie Gateway Open Space and Trail

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

Fernald Trail

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

Second Creek Greenway Trail

This soft-surface trail is part of a regional trail system that will be 17 miles when completed. It runs along Second Creek and through open space areas next to the creek. In Commerce City, it goes from E. 96th Avenue to E. 108th Avenue. The Second

Creek Trail connects to the Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail and features two loops adjacent to area neighborhoods. This trail welcomes on-leash dogs, offering disposal stations as well as benches for resting. The trail also has two small shelters and a restroom.

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

Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail

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

Park Rangers

Keep an eye out for Commerce City Park Rangers in the parks. The Park Ranger Program goals include:

- · Educating park and trail users
- · Providing environmental education and outreach
- · Encouraging resource protection
- Promoting outreach and volunteerism
- Increasing visitor safety through enforcement of park property ordinances, rules and regulations*
- Creating outdoor stewards to our parks and trails

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

For more information on the Park Ranger program, visit our webpage at c3gov.com/parks-trails/park-rangers.



PARKS & TRAILS

				CO	MN	1ER	CE	CIT	ΥP	ARI	KA	ME	NITI	ES			
		Skate Park	Sprayground	Futsal	Volleyball	Basketball	Multipurpose	Soccer Field	Football Field	Softball Field	Baseball Field	Playground	Picnic Area	BBQ Grill	Restroom	Shelter	Disc Golf
ARKS	VETERANS MEMORIAL PARK 6015 Forest Dr.											\	\	\	\	\	
TY PA	FAIRFAX PARK 6850 Fairfax Dr.			√		✓	✓	✓	✓	✓	√	✓	✓	✓	✓	✓	
COMMUNITY PARKS	MONACO PARK Park will be closed 5790 Monaco St. until further notice.				1	/						✓	✓	✓	✓	✓	
COM	PIONEER PARK 5950 Holly St.	✓	1			✓	✓	✓	1	1	✓	✓	✓	✓	✓	✓	
	FREEDOM PARK 6330 Oneida St.											✓	✓	✓	✓	1	
vo.	FRONTERRA PARK 10020 Joplin St.	✓				1	1					1	1	1	1	1	1
ARK	FIRST CREEK DOG PARK 10100 Havana St.														/		
NEIGHBORHOOD PARKS	LOS VALIENTES PARK 7300 Magnolia St.											✓	✓	✓	✓	1	
SORH	RIVER RUN PARK 11515 Oswego St.				1		/			1	1	/	/	/	/	/	
EIGHE	STAMPEDE PARK 11755 Fairplay St.						✓					✓	✓	✓	✓	✓	
Z	TURNBERRY PARK 10725 Wheeling St.	\				/	/	/	1	1	/	/	/	/	/	/	
	VILLAGES EAST PARK 11698 Chambers Rd.					1	1	1	1	1	1	1	✓	1	1	1	
	GIFFORD PARK 6120 Monaco St.											✓	✓			1	
	JOE REILLY PARK 6401 E. 72nd Pl.												✓				
S	LEYDEN PARK 5430 Leyden St.											/	/			/	
POCKET PARKS	MONACO VISTA 6250 Monaco St.					1						✓					
CKET	OLIVE PARK 6275 Olive St.											✓	✓	✓		/	
S .	ROSE HILL GRANGE PARK 4051 E. 68th Ave.												✓	✓	✓	✓	
	ADAMS HEIGHTS PARK 6625 Brighton Blvd.											✓	✓				
	URQUIDEZ-CENTENNIAL PARK 7735 Monaco St.											1	1			1	

Please see facility information page (page 7) for park and shelter rental information, details and application process.

SPORTS



SUMMER YOUTH SPORTS PROGRAMS

YOUTH BASEBALL

T-BALL

5-6 years

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

Registration: 4/4 - 5/6

\$55/\$65 5001.201

- Practice Start Date: Week of 5/20
- A late fee of \$10 for registrations after deadline

COACH PITCH

7-8 years

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

Registration: 4/4 - 5/6

\$60/\$70 5101.201

- Start Date: Week of 5/20
- · A late fee of \$10 for registrations after deadline

PEE WEE

9-10 years

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

Registration: 4/4 - 5/6

\$65/\$75 5201.201

- Practice Start Date: Week of 5/20
- A late fee of \$10 for registrations after deadline

JUNIOR DIVISION

11 -12 years

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

Registration: 4/4 - 5/6

\$70/\$80 5301.201

- Practice Start Date: Week of 5/20
- A late fee of \$10 for registrations after deadline

SENIOR DIVISION

13-14 years

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

Registration: 4/4 - 5/6

\$75/\$85 5401.201

- Practice Start Date: Week of 5/20
- · Late fee of \$10 for registrations after deadline

COLORADO ROCKIES SKILLS CHALLENGE 6-13 years

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

- Participation cost: FREE
- Registrations will be held on the day of the event. Please arrive 30 minutes prior to the start time to register.
- Date: June 2024 TBD
- Location: Pioneer or Fairfax Park in Commerce City
- Start Times: TBD

For additional information contact Matt Darby, youth sports coordinator at mdarby@c3gov.com

UMPIRES

We Need You! Are you an umpire? Do you want to be an umpire? Commerce City is now looking for umpires for the upcoming summer baseball season. Games are Monday through Friday evenings beginning in early June and going through the end of July. The free clinic will cover rules, mechanics, techniques, policies and procedures. Call Matt Darby for dates times, and other information at 303-289-3705 or email mdarby@c3gov.com.



YOUTH SPORTS

SUMMER CAMP SERIES ELEVATE YOUR GAME!

VOLLEYBALL DEVELOPMENT CAMP

This fun and challenging camp will develop the fundamentals of volleyball, while focusing on teamwork and individual skill development. Each player receives a camp giveaway. Camp is two days a week for two weeks.

Camp LOCATION: Bison Ridge Recreation Center

Registration: 4/4-7/5 \$40/\$50 5021.204

Start Date: 7/22-8/2

- Ages 9-11: 5:30-6:45 p.m. each day
- Ages 12-14: 7-8:15 p.m. each day

A late fee of \$10 for registrations after deadline

Fall Youth Flag Football

Division I (Coed)

Kindergarten and Grade 1

Discover the thrill of playing sports in this introduction to flag football. Develop skills and ability on the field through instruction and league play. Participants learn the fundamentals of running, catching, passing and defending in a fun game setting. Practices are once a week (to be determined by coach) and one game a week.

Grades: K-1

5101.301 \$50/\$60

- Start Date: Week of 9/9
- Registration Deadline: 8/23

Late fee of \$10 for registrations after deadline

Division II (Coed)

Grades 2-3

Increase skills and ability on the field through instruction and league play. Participants learn the fundamentals of running, catching, passing and defending in a fun game setting. Practices are once a week (to be determined by coach) and one game a week.

5201.301 \$55/\$65

- Start Date: Week of 9/9
- Registration Deadline: 8/23

Late fee of \$10 for registrations after deadline

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. Visit teamsideline.com/commercecity to learn more.

Please visit c3gov.com/sports to register and learn more about our sports programs.

Become an Official or Coach

We are always looking for referees and coaches to help support our youth sports programs. We provide classes and trainings to ensure that each child participating in a sports program has fun, shows progress in the sport and wants to play again. Call Matt Darby, Youth Sports Coordinator at 303-289-3705 for more information.

More information here: c3gov.com/sports

Apply here:





YOUTH SPORTS



LOCAL YOUTH SPORTS PROVIDERS

Commerce City provides information on other sports programs in support of its mission of building a Quality Community for a Lifetime. These programs are not affiliated with Commerce City Parks and Recreation.

Commerce City Youth Athletics (CCYA)

- Raiders Tackle Football (Fall)
- Daniel Montez 303.406.3095 or cc_raider@msn.com
- Lady Raiders Cheerleading Squad (Fall)
- Sonia Montez 303.523.2281 or ccyacheer@hotmail.com
- Girls' Softball (Spring)
- Denise Kaza 720.434.6559 or dcd204@msn.com

Adams City Wrestling Club

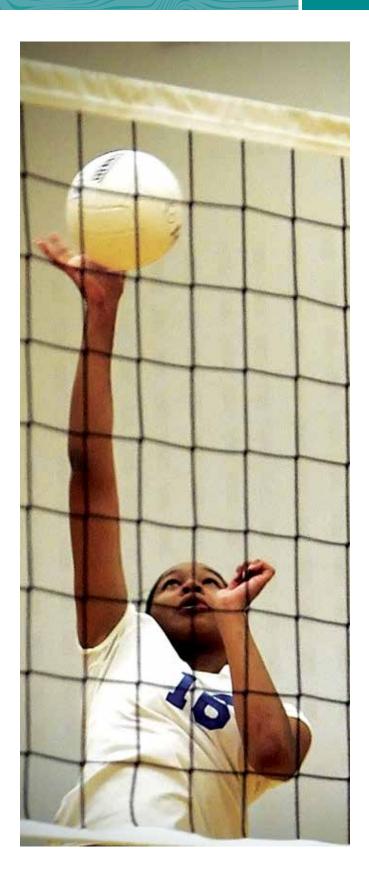
Tim Lucero - 970-381-5020 Adamscityyouthwrestling@gmail.com elena.adamscity@yahoo.com

Bison Lacrosse Club (Spring/Summer/Fall)

bisonlaxclub.com 303-668-0542 info@bisonlaxclub.com

Ravens Youth Football Organization - Pop Warner (Fall)

ravensyouthfootball.com Andrew Leschnik - 720-940-1941 andrewleschnik@gmail.com





YOUTH SPORTS

2024 Skyhawks Sports Programs

Skyhawks provides a safe, fun, non-competitive environment to teach sports to children ages 4 to 14. These programs are designed to give each child a positive introduction into sports and ensure they walk away with a smile on their face wanting to learn more. Their knowledgeable and patient staff use a variety of games and activities to give each athlete an overview of the sport while building valuable skills. Since 1979, Skyhawks has taught over two million boys and girls life skills through sports, such as teamwork, respect, and sportsmanship.

For any questions or to register for any of the camps below please visit **skyhawks.com/colorado** or call 303-222-8039

Soccer Camp

Skyhawks Soccer gives young athletes an opportunity to gain the skills and knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills, made new friends and improved their soccer skills.

Ages: 6-12

Location: Fronterra Park

5501.206 \$175

- · Camp times: 9 a.m. to noon
- Camp Dates: 6/3-6/7

Registration Deadline: 5/13

Late fee of \$15 for registrations after deadline

Flag Football Camp

Skyhawks flag football is the perfect program for your young athletes who want a complete introduction to America's Game or for those who simply want to brush up on their skills in preparation for league play. Through our 'skill of the day' campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun & positive environment.

Ages: 6-12

Location: Fronterra Park

5501.207 \$175

- · Camp times: 9 a.m. to noon
- Camp Dates: 6/24-6/28

Registration Deadline: 6/10

Late fee of \$15 for registrations after deadline

Volleyball Camp

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. Our coaches will assist in developing fundamental skills through gamespeed drills and daily scrimmages.

Ages: 8-14

Location: River Run Park

5501.208 \$175

Camp times: 9 a.m. to noonCamp Dates: 7/22-7/26

Registration Deadline: 7/8

Late fee of \$15 for registrations after deadline

Skyhawk Game ON! Camp

Teaching Life Skills through Sports! Ages: 8-14

Location: River Run Park

5901.207 \$175

Camp times: 9am to noon
Camp Dates: 7/29-8/2

Registration Deadline: TBD

Late fee of \$15 for registrations after deadline

WEATHER HOTLINE

Please call after 5 p.m. 303-289-3757 or visit **teamsideline.com/commercecity**

ADULT SPORTS



ADULT SPORTS LEAGUES

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

SPORTS LEAGUE	INFO AVAILABLE	LEAGUE BEGINS	LEAGUE ENDS
Summer Softball	March	Мау	July
Summer Outdoor Volleyball	April	June	August
Fall Softball	July	August	October
Fall Futsal	July	August	October

Individual Players List

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

Drop-in Pickleball at Bison Ridge

- Tuesday to Friday 5:30 a.m. to noon
- Sundays 8:30 a.m. to noon

Summer Softball League - COED

Get a team of five men and five women together for an adult coed softball league beginning in May. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Wednesday, April 17 at 6:00 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

- Wednesday Coed League Begins May 1
- \$675/\$700 (10 Games)

Summer Softball League - Men's

Join the fun of adult men's evening softball beginning in April. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Wednesday, April 17 at 6:00 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

- Tuesday E-Rec League Begins April 30
- Thursday Industrial League Begins May 2
- \$675/\$700 (10 Games)

Fall Softball League - Coed

Looking for a fun outdoor activity in the fall? Get a team together for adult coed softball, beginning in August. Teams are made up of an even number of men and women. A team representative must attend the league meeting, 6 p.m. Wednesday, July 19, at the Eagle Pointe Recreation Center. Games will be played at Pioneer Park.

- Wednesday nights 8/7 10/9
- COED E-Rec
- \$675/\$700 (10 Games)

Fall Softball League - Men's

Be a part of the fun this fall and join a men's evening softball league. Games beginning in August. A team representative must attend the league meeting at 6 p.m. Wednesday, July 19, at the Eagle Pointe Recreation Center. Games will be played at Pioneer Park.

- Tuesday nights 8/6 10/8
- Men's E-Rec \$675/\$700 (10 Games)
- Thursday nights 8/8 10/10
- Industrial E-Rec \$675/\$700 (10 Games)

Fall Futsal League - Men's

Introducing a new and exciting adult sports league in Commerce City. Get a team together and have a great time playing a scaled down version of outdoor soccer that is enjoyed across the world. Games begin in August and go to October. A team representative must attend the league meeting at 6 p.m. on Monday, July 22, at the Eagle Pointe Recreation Center. Games will be played at Fairfax Park.

- Monday nights 8/5 10/7
- Men's E-Rec \$675/\$700 (10 Games)



SPORTS FACILITIES

FACILITIES

Batting cages

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

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

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

Fee \$1.75 for 15 pitches

- \$15 for 10 tokens
- \$30 for half hour rental (one stall)
- \$50 for hour rental (one stall)

Spring hours, 4/6-5/25

- Mon-Fri, 4-8 p.m.
- Sat-Sun, noon-5 p.m.

Summer hours, 5/26-8/3

- Mon-Fri, 3-8:30 p.m.
- Sat-Sun, Noon-8 p.m.

Fall hours, 8/4-10/6

- Mon-Fri, 4-8 p.m.
- Sat-Sun, Noon-5 p.m.

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

Safety equipment

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

Tennis Courts

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

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

Athletic Facility Rentals

An athletic facility may be rented by individuals or 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.

Monaco is not available this season due to construction.

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)





PRESCHOOL-AGED PROGRAMS

DISCOVERY KIDS

Ages 3-5

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

5/7-5/23	Tu - Th 2-4 p.m.	\$120/\$160 7155.101	BR
6/4-6/27	Tu - Th 2-4 p.m.	\$120/\$160 7151.201	BR
7/9-8/1	Tu - Th 2-4 p.m.	\$120/\$160 7152.201	BR

PARENT/TOT ENRICHMENT

Let's Fly Away

Ages 2-4 w/adult (price is per child)

Join us at the **Rocky Mountain Arsenal National Wildlife Refuge** for crafts, nature walks, and fun field experiences.

	6/4-6/18	Tu	10-11 a.m.	\$22/\$28	7101.201
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PARK PALOOZA

Ages 2-4 w/adult (price is per child)

Join us at a different park each week for art, outdoor games, and lots of fun.

7/9-7/23	Tu	10-11 a.m.	\$22/\$28	7102.201	*
113 1123	ıu	10 11 a.111.	422/42U	/102.201	

Program Location by Date:

*7/9 - Pioneer Park • 7/16 - Veteran's Memorial Park 7/23 - Fairfax Park

PRESCHOOL-AGED ENRICHMENT

KIDS' CORNER

Ages 3-5

Kids' Corner allows our students to be creative and put into practice their natural gifts, talents, and passions. Students will be doing different hands-on activities and crafts. This class provides something for every preschooler.

6/5-6/19	w	10-11 a.m.	\$16/\$22	7111.201	EP
7/10-7/24	W	10-11 a.m.	\$16/\$22	7112.201	EP

AMAZING TOTS

Ages 18 mos-3yrs

Amazing Tots is a guided, discovery-based program helping children engage in structured physical activities tailored specifically to toddlers including five multi-sports, color recognition, shape classification, and action experiences.

6/13-6/27	Th	2-2:30 p.m.	\$52/\$56	7162.202	BR
7/11-7/25	Th	2-2:30 p.m.	\$52/\$56	7163.202	BR
8/8-8/29* *No class 8		2-2:30 p.m.	\$52/\$56	7164.202	BR

AMAZING ATHLETES

Ages 3-7

Children learn the importance of patience, teamwork, and selfconfidence in a non-competitive, learning-based environment. Classes include 10 multi-sports, motor skills, body discovery, nutrition, and muscle identification.

6/13-6/27	Th	1-1:45 p.m.	\$52/\$56	7162.201	BR
7/11-7/25	Th	1-1:45 p.m.	\$52/\$56	7163.201	BR
8/1-8/29*	Th	1-1:45 p.m.	\$52/\$56	7164.201	BR
*No class 8	3/15				

FAMILY PROGRAMS

** NEW - Mastermind Moms: Organize and Thrive

Ages 21+

Work with a professional organizer and a local parenting coach to tackle the chaos of summer with expert tips on organizing spaces, schedules, and your mindset for you and your family. Because moms matter - let's make this summer fun for you too! Light snacks and refreshments will be provided.

6/6 Th 6-8 p.m. \$15/\$20 7093.201	BR
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FAMILY FUN IN THE PARKS

Ages 6+ w/adult

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

w	11:00 a.m4 p.m.	FREE
5/29	River Run Park	Human Bowling
6/5	Veterans Memorial Park	Inflatable Obstacle Course
6/19	Fronterra Park	Hamster Balls
7/10	Pioneer Park	Bungee Run
7/24	Turnberry Park	Velcro Wall
8/7	Fairfax Park	Rock Climbing Wall



NATIONAL DAYS

All Ages

Get together with friends and family to celebrate national days! Staff will be handing out free items that pertain to each national day.

	4-6 p	o.m.	FREE	
5/15	w	National Day of Families	Fronterra Park	
6/7	F	National Doughnut Day	Turnberry Park	
6/27	Th	National Sunglasses Day	Pioneer Park	
7/8	М	National Freezer Pop Day		
Votorane Momorial Park				

Veterans Memorial Park

** NEW - TOUCH-A-TRUCK

All ages

Join us for this free event open to all ages! Enjoy vehicles in all their shapes and sizes, from police cars to snowplows, your family will love playing, climbing and touching all the different vehicles.

9/21 Sa 10 a.m.-1 p.m. Free Dicks Sporting Goods Park - Lot H

** NEW - GRANDPARENTS DAY PANCAKE BREAKFAST

Ages 2 and up

Grandparents and grandchildren go together like pancakes and syrup. Join us at Bison Ridge to celebrate Grandparents Day with a delicious pancake breakfast and some fun crafts, yard games, and inflatables. Make some memories and spend quality time together with all the special "Grands" you love.

9/7 Sa 9-11 a.m. *\$12/\$14 7071.301	9/7	Sa 9-11 a.m.	*\$12/\$14	7071.301	BR
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^{*}Please register every participant - 2 and under are free

YOUTH SERVICES PROGRAMS

** NEW - TEEN NIGHT IN

Open to all teens

Welcome to all teens! Join in for a party at your local recreation center with music, food, games, and fun tournaments with the chance to win awesome prizes!

Th	5-8 p.m.	FREE
6/13	Eagle Pointe	Pool Tournament
6/27	Bison Ridge	Mario Kart Tournament
7/11	Eagle Pointe	Ping Pong Tournament

7/25	Bison Ridge	2k Basketball (eSports) Tournament
8/1	Eagle Pointe	Smash Bros Tournament
8/8	Bison Ridge	Ping Pong Tournament

YOUTH COMMISSION

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

Want to get involved? Now accepting applications for the 2024/2025 school year! Apply online today at c3gov.com/youth. Please call 303-289-3659 with any auestions.

OUTDOOR RECREATION

SUMMER OUTDOOR RECREATION PROGRAMS

Our Summer Outdoor Recreation Programs offer weekly activities four days a week, with new experiences and adventures in the outdoors each day. Participants will experience new opportunities, test their limits, and discover everything the outdoors has to offer.

EXTREME ADVENTURE QUEST

Ages 11 - 16

Join in for an action-packed adventure! Embark on scenic adventures, test your limits on a challenging rope course, and conquer your rock-climbing fears including cooling off in the lake paddleboarding.

6/3-6/6 M-Th 9 a.m.-4 p.m. \$145/\$165 7661.201 BR

OUTDOOR ODYSSEY: THRILLING | ADVENTURES FOR YOUTH & TEENS

Ages 11 - 16

Join in for an epic adventure hiking to a beautiful waterfall, experiencing the rush of rafting down the river, and ride horses along picturesque trails.

6/10-6/13 M-Th 9 a.m.-4 p.m. \$145 - \$165 7661.202 BR



LAKE DILLON CAMPING TRIP

Ages 11 - 16

This two day camping trip is is an opportunity to forge new friendships and engage in thrilling outdoor activities like paddleboarding, mountain biking, and hiking. The day ends by the campfire roasting marshmallows.

6/19-6/20

W-Th 9 a.m.-4 p.m.

\$100 /\$125 7662.201 BR

MOUNTAIN ADVENTURE CREW

Ages 13-17 years

An unforgettable 3-night adventure where participants will immerse themselves in outdoor exploration. Participate in trail hikes, exhilarating mountain biking, and refreshing water activities, all while building new friendships along the way! Drop off at BR at 8:30 a.m. on Monday, 6/24 and return to BR on Thursday, 6/27 at 3:30 p.m. Transportation, meals, and lodging are included.

6/24-6/27 M-Th

\$150/\$200 7663.201 BR

NAVIGATION AND BACKPACKING

Age 11 - 16

Join us for an exciting journey into the great outdoors as we combine hands on experience hiking and navigating to a mountain cabin. Monday will be a day trip learning to navigate. Tuesday is an overnight trip up to Broome Hut. We will hike a short 1.2 miles, spend the night and return on Wednesday.

7/8

9 a.m. - 4 p.m.

\$145/\$165 7664.201 BR

7/9- drop off at BR at 9 a.m. and return to BR at 4 p.m. on 7/10.

NATURES EDGE

Ages: 11-16

This adventure will experience the unforgettable blend of hiking to a glacier lake and participating in outdoor exploration learning while repelling down rugged rock to the refreshing joy of swimming and the serenity of paddleboarding.

7/22-7/25

M-Th 9 a.m-4 p.m.

\$145/\$165 7665.201 BR

MOUNTAIN BIKE AND FLY FISHING

Ages: 11-16

This is the opportunity to learn the art of mountain bike handling on uneven terrain. No mountain bike experience required. Must know how to ride a bike. Bikes will be provided. We will participate in Fly fishing. We will learn how to tie flies and the hand and wrist technique to fly fishing.

7/29 - 8/1

M-Th 9 a.m.-4 p.m.

\$145/\$165 7665.202 BR

HORSE TREK AT CHERRY CREEK

Aaes 8 - 13

Our horseback riding for kids offers an exciting adventure where they can explore nature by crossing creeks, ride the trail, and have the opportunity to make new friends. This fun-filled experience that combines outdoor exploration, horse riding, and social interaction. Transportation is provided from Eagle Pointe.

7/1

9 a.m.-3 p.m.

\$50/\$60 7401.201 EP

HORSE TREK AT ESTES PARK

Ages 8-13

Ride through the mountains and view the beautiful peaks! This is another opportunity to explore nature while experiencing the outdoors and making new friends! Transportation is provided from Eagle Pointe.

8/10

9 a.m.-4p.m.

\$50/\$60 7401.202 EP

SUMMER CAMPS

EAGLE POINTE

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

All children attending camp are required to complete an enrollment packet prior to registration. Enrollment packets can be downloaded at c3gov.com/camp beginning Jan. 5, 2024, or picked up at one of our Recreation Centers. We will begin collecting packets via email and in person for city residents on February 13th at 5p.m and non-residents February 14th at 5 p.m. Packets must be completed when submitted.

Registration is a first come first serve basis. Early registration is encouraged.

IMPORTANT DATES

Pre-Camp Information Meeting for All Registered Families Wednesday, May 8, 6 p.m. Eagle Pointe Rec Center





ADVENTURE TREK

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

6/3-8/2	M-Th	7 a.m6 p.m.	\$145/\$170 per week			
6/3-6/7	SI	Slick City				
6/10- 6/14	Po	Paddle board				
6/17 - 6/21	С	Cheyenne Mountain				
6/24- 6/28	Whitewater rafting					
7/1- 7/3	Waterworld					
7/8- 7/12	Horseback riding					
7/15- 7/19	Tı	eehouse Advent	ure Park			
7/22-7/26	El	itch Gardens				
7/29 – 8/2	Α	urora Reservoir				

^{*}No camp Thursday, July 4th. Price is prorated for that week.
**Trips subject to change

Youth Camp Venture (Licensed) at Eagle Pointe Recreation Center

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

Ages 6-10

				_	
6/3-8/2	M-F	\$145/\$170 pe	r week	7 a.m6	p.m.
Week	The	eme	F	Field Trip**	
6/3-6/7	Und	ler the Sea	D	Denver Aquarium	
6/10- 6/14	Oly	mpic Week	D	Defy	
6/17 - 6/21	Blov	wing off STEA	м с	Children's Museum	
6/24- 6/28	The	Great Outdo	ors C	Cherry Creek Reserv	oir/
7/1- 7/5*	Pow	verhouse Scie		Denver Nature and Science Museum	
7/8- 7/12	Aniı	mal Planet	D	Denver Zoo	
7/15- 7/19	Coo	oking Extrava	ganza L	oveland Laser Tag	
7/22- 7/26	Cole	or Me Happy	Р	Pottery/Painting	
7/29 – 8/2	Spir	rit Week	Δ	Aurora Reservoir	

^{*}No camp July 4 & July 5. Price is prorated for that week.
**Trips subject to change

NEW this summer – we will be offering swim lessons during camp! Registration forms can be found in the enrollment packets.

Enrollment Packets for Licensed Programs

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

Camp Registration

There are two ways to register for camp. Pick up a packet in person at either rec center or download the packet online at **c3gov.com/camp** and email it to youthservices@c3gov.com. We will begin collecting packets via email and in person for residents on February 13 at 5 p.m. and non-residents February 14 at 5 p.m. Packets must be completed when submitted.

Registration is a first come first serve basis. Arriving early on the day of registration is encouraged.

IMPORTANT DATES Resident Registration

Pre-Camp Information Meeting for All Registered Families

Wed., May 8, 6 p.m. Eagle Pointe Recreation Center

CARFFR CAMPS

GAREER G	AIVIFO				
Female First Res	ponder				
Ages 14-18					
June 3-4	9 a.m1 p.m.	\$35/\$40	7672.201	BR	
June 5	9 a.m3 p.m.	\$35/\$40	7672.201	BR	
Ages 14-18 June 6	:ponder Optional CPR (9-1 p.m.	\$10/\$15	7672.202	BR	
*Police Camp					
Ages 11-15					
July 15-18		\$150/\$200 7674.201			
Meet at Bison F	Ridge. Transportation	provided to	YMCA Sno	W	
Mountain Rand	ch in Granby, Colorac	lo. *This is an	overnight	trip.	

Meet at Bison Ridge. Transportation provided to YMCA Snow Mountain Ranch in Granby, Colorado. *This is an overnight trip. A packet will be emailed out to registered participants at the beginning of July. Upon return, families are invited to join us for the graduation ceremony.

Police Camp P	arent Meeting	
lulv 9	5:30-6:30 p.m.	BR



SUMMER ENRICHMENT PROGRAMS AT BISON RIDGE RECREATION CENTER

Ages 6-10

Our Summer Enrichment Programs offer innovative, challenging, and fun summer classes in a variety of topics. Providing an opportunity for every child to explore new subjects, learn new skills, and discover new interests in a positive and engaging environment. Please visit **c3gov.com/camp** for complete program descriptions.

	Week	9-10:30 a.m.	10:30 a.mnoon	Noon-12:30 p.m.	12:30 p.m2:00 p.m.	2 p.m4 p.m.
1	5/28 – 5/30	Splish Splash Water and Crafts \$25/\$30 7651.201	Intro to Ukulele \$25/\$30 7651.202	Lunch Bunch 1 \$5/\$9 7651.203	Hip Hop \$20/\$27 7651.204	GameBots with Snapology \$28/\$34 7651.205
2	6/3 - 6/6	Color Concoctions \$25/\$30 7652.201	Let's Get Cookin! \$25/\$30 7652.202	Lunch Bunch 2 \$5/\$9 7652.203	Beginner American Sign Language \$28/\$34 7652.204	Basketball with Skyhawks Sports \$13/\$16 7652.205
3	6/10 - 6/13	Crafts of Kindness \$25/\$30 7653.201	Cookie Decorating with The Sugared Canvas \$40/\$48 7653.202	Lunch Bunch 3 \$5/\$9 7653.203	Amusement Park Adventures with Snapology \$28/\$34 7653.204	NASA: Voyage to the Stars with Mad Science \$40/\$45 7653.205
4	6/17 - 6/20	Let's Get Creative \$25/\$30 7654.201	Cookies Galore \$25/\$30 7654.202	Lunch Bunch 4 \$5/\$9 7654.203	Pickleball with Skyhawks Sports \$10/\$12 7654.204	Minecraft Masters Engineering with LEGO \$25/\$30 7654.205
5	6/24 - 6/27	Board Games Galore \$25/\$30 7655.201	Gallery on the Go \$8/\$10 7655.202	Lunch Bunch 5 \$5/\$9 7655.203	Omniform Martial Arts \$36/\$40 7655.204	STEM-Ulating Science Sampler with Mad Science \$40/\$45 7655.205
Х	7/1 - 7/4	NO ENRICHMENT CAMP				
6	7/8 - 7/11	Step into STEM \$25/\$30 7656.201	Mystery Craft Craze \$25/\$30 7656.202	Lunch Bunch 6 \$5/\$9 7656.203	Beginner American Sign Language \$28/\$34 7656.204	Artist Passport with Imagine Arts \$40/\$45 7656.205
7	7/15 - 7/18	Ooey Gooey Experiments \$25/\$30 7657.201	Jump Into Summer Crafts \$25/\$30 7657.202	Lunch Bunch 7 \$5/\$9 7657.203	Omniform Martial Arts \$36/\$40 7657.204	Pokemon Masters with LEGO \$25/\$30 7657.205
8	7/22 - 7/25	Quick Cooks in the Kitchen \$25/\$30 7658.201	Gallery on the Go \$8/\$10 7658.202	Lunch Bunch 8 \$5/\$9 7658.203	Creative Movement \$20/\$27 7658.204	Super Sleuth Academy with Imagine Arts \$40/\$45 7658.205
9	7/29 - 8/1	Jr. Fire Academy \$30/\$40 7659.201		Lunch Bunch 9 \$5/\$9 7659.202	Broadways Best with 5280 Theater Company \$25/\$30 7659.203	





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