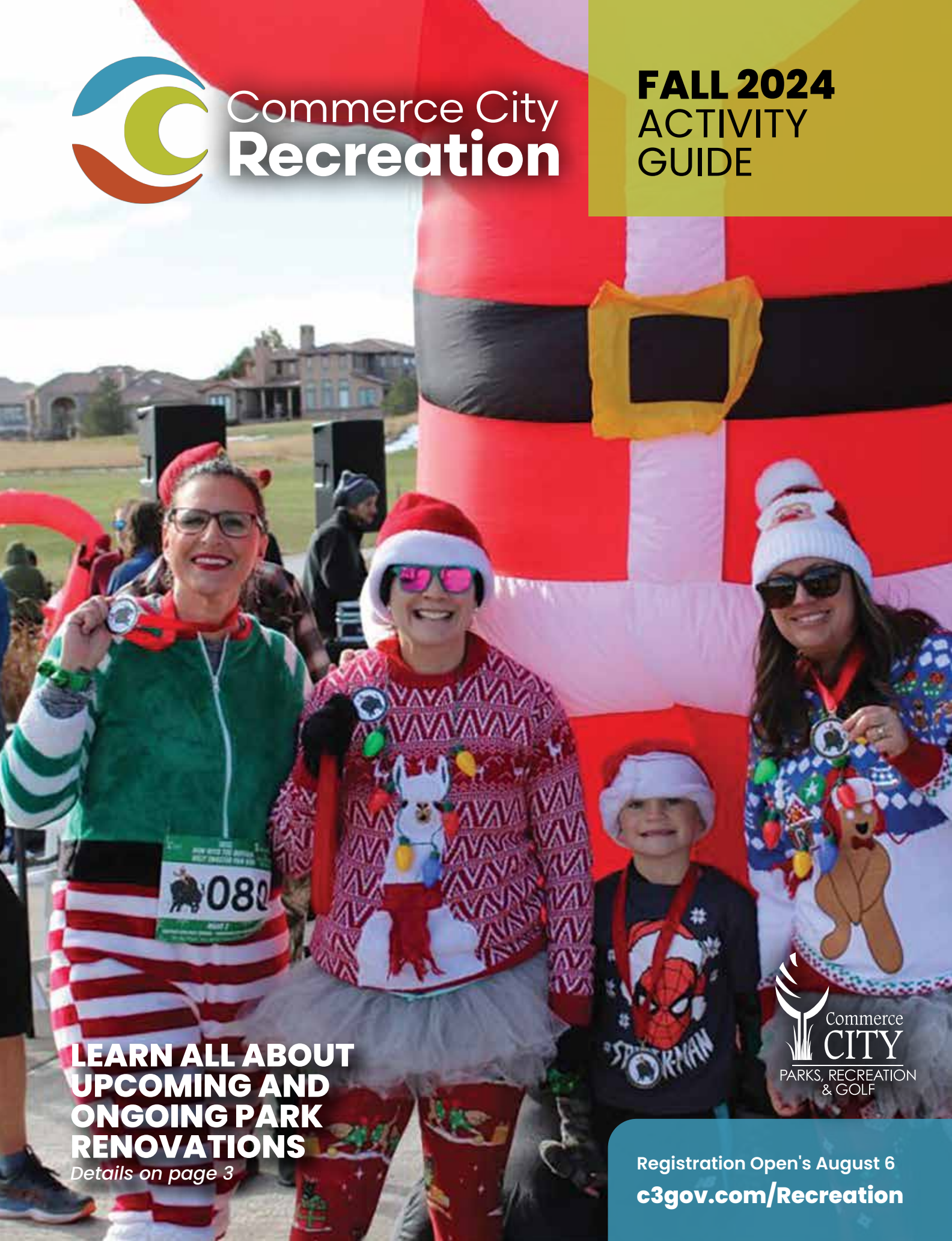




# Commerce City Recreation

## FALL 2024 ACTIVITY GUIDE



**LEARN ALL ABOUT  
UPCOMING AND  
ONGOING PARK  
RENOVATIONS**

*Details on page 3*



Registration Open's August 6  
[c3gov.com/Recreation](https://c3gov.com/Recreation)



# Commerce City Recreation Presents



*Free  
Entry*

## *4th* ANNUAL **FALL FEST**

**Saturday, Oct. 5**

**10 A.M. - 4 P.M.**

**EAGLE POINTE RECREATION CENTER  
6060 PARKWAY DR.**

**Enjoy Family-friendly Activities**

**LIVE MUSIC - FOOD TRUCKS - ARTS & CRAFTS - BEER GARDEN-  
PUMPKIN PATCH - INFLATABLES & MORE!**

**[c3gov.com/Events](http://c3gov.com/Events) | 303-289-3760**





## Dear Residents,

As we prepare to embrace the beauty of fall in our community, I am pleased to share some exciting updates and events with all of you. The changing season may bring cooler weather, but it won't slow down our dedicated Parks, Recreation, and Golf team.

I am excited to announce the next steps for implementing our Parks, Recreation, and Golf Master Plan. This comprehensive roadmap will guide our city's development of parks, recreation, and golf programs and services for the next decade, shaping the future of our community. The master plan was recently adopted by City Council, and now our team looks forward to implementing it in phases to successfully bring to life the community feedback and vision we received during the outreach process.

Reflecting on the summer we've just had, filled with vibrant camp programs, thrilling outdoor adventures, and the success of the Music in the Park concert series / Summer Shindig events, our community continues to come together in remarkable ways. These events have not only provided entertainment but have also strengthened our bonds, creating a sense of unity and shared experiences among us all. Looking ahead to the upcoming fall season, there is much to anticipate. I encourage each of you to mark your calendars for annual events such as Fall Fest (10/5), Wild for Life Triathlon (10/13), Run with the Buffalo Fun Run (12/7), and Cereal with Santa (12/14). We are also bringing back experiences like Touch-a-Truck (9/21), offering a unique opportunity for children of all ages to interact with the vehicles that play a vital role in our city.

Within the pages of this activity guide, you will find a wide variety of programs and activities designed to bring our diverse community together. From fitness classes to cultural events, there is something for everyone to enjoy and participate in. 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 us make this season a memorable one filled with fun, growth and community spirit together. As always remember to explore, experience, expand, and discover your passion in parks, recreation, and golf.

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

#### ACTIVE ADULT CENTER –NEW! AT BISON RIDGE

Mon-Fri: 8 a.m.–4 p.m.  
Adult Information: 303-289-3764

#### FACILITY CLOSURE DATES

**Aug 19–Aug 30:** Bison Ridge closed  
for Annual Facility Maintenance

**Sept 2:** Labor Day  
EP & BR close at 1 p.m.

**Sept 3–Sept 13:** Eagle Pointe closed  
for Annual Facility Maintenance

**Oct 5:** EP closed for Fall Fest

**Nov 28:** Thanksgiving  
EP & BR closed

**Dec 24:** Christmas Eve  
EP & BR close at 1 p.m.

**Dec 25:** Christmas Day  
EP & BR closed

**Dec 31:** New Year's Eve  
EP & BR close at 1pm

**Jan 1:** New Year's Day  
EP & BR closed

#### IMPORTANT NUMBERS

**Athletic Weather Hotline:**  
303-289-3757

**Active Adult Lobby Desk:**  
303-289-3756

**Buffalo Run Golf Course:**  
303-289-1500

#### DEPARTMENT STAFF

**Chad Redin**  
Parks, Recreation, and Golf Director

**Kathleen LeVeque**  
Parks, Recreation, and  
Golf Deputy Director

**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



**Exciting news for Commerce City residents! This season, we are thrilled to announce that there is a flurry of construction activity happening throughout our city. Our dedicated team is hard at work renovating our beloved parks and facilities, creating new ones for everyone to enjoy. Join us in welcoming these exciting changes to our community**

## **Pioneer Park**

### **Exciting news for ballplayers!**

In the fall of 2024, all four baseball fields at Pioneer Park will sparkle with brand-new scoreboards, thanks to \$25,000 in Adams County Open Space grant funding. It surely sounds like a dream come true for players, coaches, spectators, and our vibrant community.

Pioneer Park, nestled in the southern area of Commerce City, is a gem of a location bustling with activity and energy. With 37 acres of diverse amenities like baseball fields, batting cages, a skate park, and more, it's a haven for sports enthusiasts and families alike. The plan to upgrade the outdated scoreboards, initially installed in 2004 and 2008, couldn't be more timely. These upgrades aim not only to enhance the game-watching experience but also to align with modern standards and reduce maintenance headaches. The vision of creating a more dynamic and engaging environment at Pioneer Park resonates deeply, making it a beacon of fun and community spirit for years to come. Cheers to the bright future ahead at our beloved Pioneer Park!

## **Splash Pad**

The Pioneer Park Splash Pad is getting a well-deserved facelift, thanks to the recent \$750,000 grant from the Adams County Open Space. This generous contribution will greatly help in covering the costs and ensuring that families can enjoy a vibrant and safe splash pad experience. A huge \$1 million grant from Adams County Open Space is on its way to support the repairs needed at Paradise Island. The persistent water leaks at the Aquatics Park have posed challenges in functionality and sustainability, but the city is planning a comprehensive waterline replacement project. This project aims not only to enhance water efficiency and reduce maintenance costs but also to create a more sustainable facility that the community can enjoy for years to come. Get ready for some splashing fun and upgraded amenities at Pioneer Park.

## **Fairfax Park**

Earlier this year Parks, Recreation, and Golf asked residents to weigh in on the park playground design at Fairfax Park. The winning design for the brand-new playground at Fairfax Park has emerged victorious! Scheduled to kick off this Fall, this playground promises to be a haven of fun and inclusivity for all. Imagine swings soaring, a wheel of fun panels turning, slides thrilling kids, climbers challenging adventurous spirits, and ADA ramps with sensory rails enhancing accessibility. Let's come together to forge a space where every child can freely play, discover, and flourish side by side! Stay tuned as we bring you more updates on our exciting journey toward transforming our community playground into an even more remarkable space for everyone to enjoy!

## **Bison Ridge Welcomes Active Adult Center**

Recreation is thrilled to share the news of the upcoming Bison Ridge Active Adult Center, designed specifically for our wonderful Active Adult program participants. This brand-new facility will be a hub of delightful classes, engaging drop-in activities, fun special events, and a cozy socialization area, all tailored to provide a warm and welcoming space for our community members to enjoy. We cannot contain our excitement for the Grand Opening set for this fall, where we eagerly anticipate celebrating this exciting new chapter with you all. Make sure to stay in the loop by signing up for our senior monthly newsletter, On the Move. Swing by the front desk or reach out to Emma at [ewilling@c3gov.com](mailto:ewilling@c3gov.com). The future at Bison Ridge shines brightly, and we are thrilled at the thought of sharing it with all of you come this autumn!



# 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.

### 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.

**Commerce City Recreation**

## Parks, Recreation, and Golf Scholarship Program

The PRG Scholarship Program provides Commerce City families the opportunity to participate in engaging, quality programs that they may not be able to afford without assistance.

|   |                                |                                    |
|---|--------------------------------|------------------------------------|
| <b>21</b>                               | <b>50</b>                      | <b>100</b>                         |
| Available for most programs \$21 and up | Up to 50% discount on programs | Available to 100% of our residents |

For more information please visit [c3gov.com/prg-scholarships](https://c3gov.com/prg-scholarships)



## RECREATION CENTER FEES

| Daily Rates           | Child<br>3-7 | Youth<br>8-17 | Adult<br>18-61 | Senior<br>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 qualifying person - refer to household description below
- Military Discount (Active and Disabled Veteran) Free. See p. 6.

| 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 qualifying person - refer to household description below
- 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, and resident rates or season passes at Paradise Island.

### How to Purchase Play Pass

- Passes are currently sold at both recreation centers.
- Play Pass required at check-in for discounted rate 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 employment in Commerce City is required for corporate rates.
- 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 reprinted 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 **OR**
  - Voter registration with city address **OR**
  - Car registration or insurance with city address

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

## Active Military Membership Benefits

Commerce City residents who are active members of the U.S. Armed Forces, Merchant Marines, 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, please provide:

- Proof of active military service or active orders (for National Guard/Reserves)
- Proof of residency in Commerce City:  
(See requirements listed above)

## 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%
- Proof of residency in Commerce City: (See requirements listed above)

## Corporate Memberships

- 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.

## THREE EASY WAYS TO REGISTER!



### PHONE

Bison Ridge: 303-286-6801

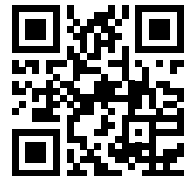
Eagle Pointe: 303-289-3789



### ONLINE REGISTRATION WITH ACTIVE NETWORK

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

1. Visit [c3gov.com/register](https://c3gov.com/register).



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



### IN PERSON

Eagle Pointe Recreation Center  
6060 E. Parkway Dr.

Bison Ridge Recreation Center  
13905 E. 112th Ave.

Mon-Fri: 5 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](https://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 theater-style in all 3 rooms or 250 people seated banquet-style
- Two conference rooms
- Two pool party rooms attached to the aquatic center

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

- 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](https://BuffaloRunGolfCourse.com) or call 303-289-7700 for more information.

## PICNIC SHELTER RENTALS

(available March–October)

Commerce City is home to 20 parks, over half of which have shelters available to rent for family picnics, business meetings, corporate outings, church functions, and more.

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 [c3gov.com/register](https://c3gov.com/register), and click on the reservations tab. If you need additional help please visit either recreation center in person for help completing 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 the date requested. The deposit is refunded in full if the shelter is left clean and undamaged.

Shelter fees are based on all-day use. All shelters are equipped with lights except for the Prairie Gateway Open Space shelter. Electricity may not be available at all shelters, please get up-to-date information with staff when renting a shelter. Note: Electricity/outlet is complementary to the shelter and not part of the fee or a paid service. While we will do what we can to check power sources, we cannot and do not guarantee power availability.

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

For updated shelter information please call 303-289-3789.

|                                   |            |                                |            |
|-----------------------------------|------------|--------------------------------|------------|
| <b>Fairfax Park*</b>              | 3 shelters | <b>River Run Park*</b>         | 2 shelters |
| <b>Pioneer Park*</b>              | 4 shelters | <b>Villages East Park*</b>     | 1 shelter  |
| <b>Stampede Park*</b>             | 1 shelter  | <b>Monaco Park*</b>            | 2 shelters |
| <b>Freedom Park*</b>              | 1 shelter  | <b>Turnberry Park*</b>         | 1 shelter  |
| <b>Prairie Gateway Open Space</b> | 1 shelter  | <b>Veterans Memorial Park*</b> | 1 shelter  |
| <b>Fronterra Park*</b>            | 1 shelter  |                                |            |

\*Parks marked with an asterisk are available to rent online at [c3gov.com/Register](https://c3gov.com/Register).

## Athletic Facility Rentals

Visit page 38 for Athletic Rental Details.

COMMERCE CITY'S RECREATION DIVISION PRESENTS

# FISHING FRENZY



**Saturday, Sept. 14 | 9 a.m. - Noon**  
Rocky Mountain Arsenal Wildlife Refuge, 6550 Gateway Rd

Get your fishing gear ready for the thrilling Fishing Frenzy event brought to you by Commerce City Recreation, alongside Rocky Mountain Arsenal National Wildlife Refuge

This exciting day offers a range of activities that will have you hooked

- Youth Fishing Derby (\$5)
- Toddler Pool Fishing (Free)
- Family Fishing Session (Free)
- Family Friendly Animal Encounters
- And More!



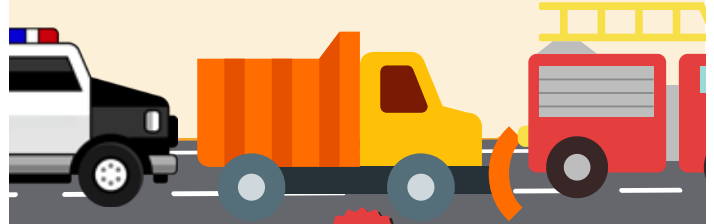
[c3gov.com/Recreation](http://c3gov.com/Recreation)

To register: 771.301



# 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.



**FREE**

**Saturday, Sept. 21**  
10 a.m. - 1 p.m.

**Dick's Sporting**  
Goods Park Lot H

More information at [c3gov.com/Events](http://c3gov.com/Events)



# SAVE THE DATE

10 • 13 • 24

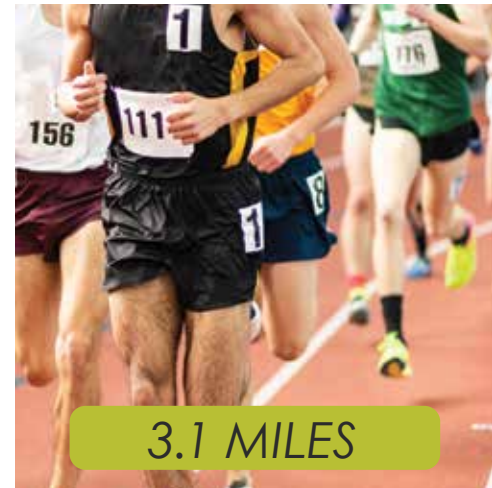
# START TRAINING



200 YARDS



10.5 MILES



3.1 MILES



# **RUN WITH THE BUFFALO UGLY SWEATER RUN**

**SATURDAY, DEC. 7  
BUFFALO RUN GOLF COURSE**

**AGES 5+ WITH AN ADULT**

**\$25 RESIDENT • \$30 NON-RESIDENT  
EARLY BIRD REGISTRATION OPENS  
FRIDAY, SEPT. 6**

FOR MORE INFORMATION OR TO REGISTER:  
VISIT [C3GOV.COM/REGISTER](http://C3GOV.COM/REGISTER) OR CALL 303-286-6801

## **SWEET CHILD OF MINE DANCE**

**Under the Night Sky**

A very starry night of music, dancing,  
crafts, and more for moms and mother-  
figures and their children ages 4+.

Friday, Nov. 8  
6 - 9 PM

\$15 resident/\$18 non-resident  
Bison Ridge Recreation Center  
7073.301



**SATURDAY,  
DEC. 14**

Bison Ridge  
Recreation Center  
13905 E. 112th Ave

Two entry times are  
available:  
9 a.m.  
10:30 a.m.

\$6 per person for  
residents/\$8 per  
person for non-  
residents

The event is limited to 160 people per entry time.  
**Ticket sales begin November 11 and go  
through December 4**

Parents must register for the event. Children ages 2 and under are  
free.

**VISIT [C3GOV.COM/REGISTER](http://C3GOV.COM/REGISTER) | 303-286-6801**





# ADULTS

## ADULT OUTDOOR RECREATION

### High Peaks Lake Hike

**Ages 18+**

Lace up your hiking shoes and join staff for a stroll around Lake Isabelle in Nederland. Pass through beautiful forests and take in the views of large ridge mountains, amazing wildlife, cross over creeks, and gaze at waterfalls. Transportation and snack included.

8/24 Sa 7 a.m.-3 p.m. \$25/\$30 4451.307 BR

### Fall Foliage Lost Lake Hike with Lunch

**Ages 18+**

Hike through aspen trees and walk by amazing waterfalls while having a snack by the lake. After, relax and enjoy the view while at a pizza and tap house. Hike, transportation and lunch included. Hike is 4 miles round trip and 830 feet of elevation gain.

9/21 Sa 7 a.m.-5 p.m. \$30/\$35 4451.308 BR

### Adult Archery

**Ages 18+**

Come join us to learn the sport of archery through games and leading up to a mini-tournament. You will have the opportunity to shoot at targets and 3D models at Barr Lake State Park. Weather dependent. All equipment is provided.

11/2 Sa 10 a.m.-12:30 p.m. \$10/\$15 4401.303 EP

## ADULT CLASSES

### Female Self-Defense

**Ages 15 & up**

There's no confidence like 'self-defense' confidence. Professionals from DCO MMA & Fitness will be instructing the

class with basics self-defense skills and, situational awareness at both recreation centers.

|       |   |                |           |          |    |
|-------|---|----------------|-----------|----------|----|
| 9/16  | M | 5:30-6:30 p.m. | \$10/\$15 | 7911.302 | EP |
| 10/21 | M | 5:30-6:30 p.m. | \$10/\$15 | 7912.301 | BR |
| 11/18 | M | 5:30-6:30 p.m. | \$10/\$15 | 7913.302 | EP |
| 12/16 | M | 5:30-6:30 p.m. | \$10/\$15 | 7914.301 | BR |

### ESL classes

This is a beginner level English class designed for the Spanish speaker who is looking to improve their English skills. Basic greetings and terms that are helpful in every day interactions will be taught, as well as other conversational terms the students think would be helpful in your day to day lives. This class will progress at a pace where all participants feel comfortable. Classes meet on Monday and Wednesday evenings at Eagle Pointe Recreation Center.

#### Session 1

9/16-10/16 M, W 5:30-7 p.m. \$56/\$64 4401.301 EP

#### Session 2

10/28-11/27 M, W 5:30-7 p.m. \$56/\$64 4401.302 EP

### Art Garage Pop-Ups

Join the Art Garage whose mission is to bring visual arts-based programs that inspire, empower, and promote creative self-expression to the greater Denver community. Check our social media posts for mediums and themes at both Eagle Pointe and Bison Ridge.

|       |   |           |           |          |    |
|-------|---|-----------|-----------|----------|----|
| 10/16 | W | 12-2 p.m. | \$20/\$25 | 4451.309 | BR |
| 11/2  | F | 5-7 p.m.  | \$20/\$25 | 4401.304 | EP |





## 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

## Line Dance

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. Resident \$20 (five-visit punch card). Non-resident \$20 (four visit punch card).

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

## ACTIVE ADULT CENTER AT EAGLE POINTE

**Everyone is welcome! Come enjoy hot coffee, fresh popcorn, and good company. Browse our selection of books in our lending library and join the community at the puzzle corner. Daily classes and drop-in activities for adults.**

**Discount memberships for residents aged 62+!**

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

## Eagle Pointe Drop-Ins

No registration is required. Free and open to adults 18+

### Mondays

|                      |                  |
|----------------------|------------------|
| Billiards            | 8:30 a.m.-4 p.m. |
| Therapeutic Coloring | 10-11:30 a.m.    |
| Dominoes             | Noon-3:30 p.m.   |

### Tuesdays

|                  |                  |
|------------------|------------------|
| Billiards        | 8:30 a.m.-4 p.m. |
| Farkle Dice Game | Noon-3:30 p.m.   |

### Wednesdays

|            |                  |
|------------|------------------|
| Billiards  | 8:30 a.m.-4 p.m. |
| Quilting   | 9 a.m.-noon      |
| Wii Sports | 9 a.m.-11 a.m.   |
| Rummikub   | Noon-3:30 p.m.   |

### Thursdays

|                          |                  |
|--------------------------|------------------|
| Billiards                | 8:30 a.m.-4 p.m. |
| Player Choice Card Games | 1 p.m.-4 p.m.    |

### Fridays

|           |                  |
|-----------|------------------|
| Billiards | 8:30 a.m.-4 p.m. |
| Pinochle  | 10 a.m.-4 p.m.   |

## ACTIVE ADULT CENTER AT BISON RIDGE – NEW!

**Come visit the new social space for Active Adults at Bison Ridge! Similar to the Active Adult Center at Eagle Pointe, the Active Adult Center at Bison Ridge is a social activity space for adults to visit and as a meeting point before or after fitness classes, programs, trips...you name it! Come enjoy hot coffee, fresh popcorn, and good company. Everyone is welcome!**

**Daily classes and drop-in activities for adults.**

**Discount memberships for residents aged 62+!**

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

## Bison Ridge Drop-Ins

No registration is required. Free and open to adults 18+

### Mondays

|                       |                |
|-----------------------|----------------|
| Crosswords and Coffee | 8 a.m.-10 a.m. |
| Dominoes              | Noon-3:30 p.m. |

### Tuesdays

|             |             |
|-------------|-------------|
| Mahjong     | 9 a.m.-noon |
| Brain Games | 1-4 p.m.    |

### Wednesdays

|          |                |
|----------|----------------|
| Bunco    | 9 a.m.-noon    |
| Rummikub | Noon-3:30 p.m. |

### Thursdays

|                      |                    |
|----------------------|--------------------|
| Therapeutic Coloring | 10 a.m.-11:30 a.m. |
| Zilch Dice Game      | Noon-3:30 p.m.     |

### Fridays

|                         |                |
|-------------------------|----------------|
| Crochet and Knitting    | 9 a.m.-11 a.m. |
| Players Choice Game Day | 11 a.m.-4 p.m. |

## ACTIVE ADULT EVENTS AND PROGRAMS

### Bison Ridge Active Adult Center Grand Opening Celebration

Join us in celebrating our new location! We will be hosting an open house starting at 10 a.m. with various events scheduled throughout the day. Keep an eye out for further updates in the On the Move Newsletter!

|     |   |                |      |          |    |
|-----|---|----------------|------|----------|----|
| 9/4 | W | 10 a.m.-4 p.m. | FREE | 4451.301 | BR |
|-----|---|----------------|------|----------|----|



# ADULTS

## 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, some fun crafts, yard games, and inflatables. Come make some memories and spend quality time together with all the special "Grands" you love.

\*Please register every participant – 2 and under are free

9/7 Sa 9:00 -11:00 a.m. \$12/\$14 7071.301 BR

## Broncos Season Opener - "Tailgate" and Watch Party

Get ready to kick off the season at our pseudo tailgate on the patio and season opener. Enjoy delicious BBQ, ice-cold beverages along with games and activities for fans of all ages. Let's unite in orange and blue for an unforgettable start to the season. Registration is required.

9/8 Su 2 p.m. \$20/\$25 4451.302 BR

## So Long to Summer Ice Cream Sundaes

We are sending summer off in style! Join Active Adult staff and friends for one final summer shindig! We will gather at Veterans Memorial Park and enjoy classic root beer floats, listen to music, and enjoy the amazing Colorado weather before fall truly makes its entrance! Registration required!

### Veterans Memorial Park

9/17 T 1-2 p.m. \$4/\$6 4601.306

## Fall Talent Show

### All Ages

Hosted by the AAAC and North Metro Community Services, join us for an evening of talents and acts! To participate, contact the Active Adult team for an application! A concession stand will be open for treats. Tickets \$5 presale, or \$8 at the door. More information to follow in the On the Move newsletter!

10/4 F 6-9 p.m. \$5 4451.303 BR

## Ignite Your Unshakeable Confidence - Women Series

Join this empowering and interactive workshop series to get unstuck and get ready to unleash your most confident life! Led by Life Coach Jen Bee, you will be supported in personal development and motivation towards meeting your goals and connecting to yourself. The class will be held weekly. No Class 10/25

10/4 - 11/22 F 10:30-11:30 a.m. \$97 4451.310 BR

## Pumpkin Painting

Pumpkin Painting is a fun way to decorate, without the mess that comes with carving pumpkins. Supplies and pumpkins included!

10/29 Tu 11 a.m.-1 p.m. \$5/\$6 4601.303 EP

## Halloween Biscuits and Gravy Breakfast

Start your Halloween off at our annual Halloween biscuits and gravy breakfast. Menu includes two warm biscuits smothered in gravy as well juice and hot coffee. Proceeds go to the Goodfriends Scholarship. Tickets are \$5/\$6 in advance and \$8 at the door.

10/31 Th 8:30-10:30 a.m. \$5/\$6 4601.304 EP

## National Days

There is a national day every day. We picked a couple to celebrate! Treats will be served, lessons learned, and fun will be had by all!

### National Queso Day

9/20 F Noon \$8/\$10 4451.304 BR

### National Pierogi Day

10/8 Tu 11 a.m. \$8/\$10 4601.301 EP

## Thank You for Your Service Veterans Day Event

We will be celebrating all Veterans on November 11 National Veterans Day. If you are not a veteran, stop in to thank those who served our county proudly. Snacks provided. The event is free, but registration is required. For more information check out the monthly On the Move Newsletter.

11/11 M 9 a.m.-2 p.m. FREE 4601.305 EP

## Friendsgiving

Join us for a Friendsgiving Potluck! Bring your favorite holiday dish to share with at least 6 friends as we gather to celebrate gratitude, good food and great company. We will provide the turkey and gravy!

11/21 Th 2-4 p.m. \$12/\$15 4451.306 BR

## Holiday Rummage sale

Rummage rampage! Get your last-minute holiday gifts here! All proceeds benefit the GoodFriends Scholarship! To donate to our rummage sale, please reach out the Active Adult team member! Donations will be accepted starting Nov. 18; goods must be only slightly used and in good condition.

12/6-12/7 F/Sa 8 a.m.-noon Free EP

## Holiday Social (Potluck)

Gather with your community for a potluck-style Holiday Social! Please bring a dish to share with at least 6 friends and don't forget to wear festive attire! Staff will supply ham as a main dish along with warm holiday beverages.

12/13 F 11 a.m. \$5/\$7 4601.302 EP



## Cookie Decorating Class

Delve into the sweet world of cookie artistry as we guide you through the process of decorating delectable treats! Join us and take home your beautifully decorated cookies.

|       |   |        |           |          |    |
|-------|---|--------|-----------|----------|----|
| 12/20 | F | 2 p.m. | \$10/\$12 | 4451.305 | BR |
|-------|---|--------|-----------|----------|----|

## Book Club

Interested in books and meeting new friends? Then join the book club at Eagle Pointe. Books will be chosen by the club as a book is finished. Each member will be responsible for ordering and receiving their book before the first meeting. Call Zach Roth (303) 289-3720 for questions.

|      |   |             |      |  |    |
|------|---|-------------|------|--|----|
| 10/4 | F | 1-2:30 p.m. | Free |  | EP |
| 11/1 | F | 1-2:30 p.m. | Free |  | EP |
| 12/6 | F | 1-2:30 p.m. | Free |  | EP |

## Toys 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 nickname representing the theme will be provided each month.

|                              |   |          |         |          |    |
|------------------------------|---|----------|---------|----------|----|
| <b>Lego</b>                  |   |          |         |          |    |
| 9/25                         | W | 1-3 p.m. | \$6/\$8 | 4601.310 | EP |
| <b>Matchbox vs HotWheels</b> |   |          |         |          |    |
| 10/30                        | W | 1-3 p.m. | \$6/\$8 | 4601.311 | EP |
| <b>Slinky</b>                |   |          |         |          |    |
| 11/27                        | W | 1-3 p.m. | \$6/\$8 | 4601.312 | EP |

## Monthly Birthday Celebration!

All are welcome to attend the monthly birthday celebrations! Help your friends celebrate their birthday month with a light lunch and birthday treat provided by the Active Adult Team. Registration is required. It does not need to be your Birthday Month to join in on the celebration!

|       |    |          |          |          |    |
|-------|----|----------|----------|----------|----|
| 9/12  | Th | 1-2 p.m. | \$8/\$10 | 4651.305 | BR |
| 9/19  | Th | 1-2 p.m. | \$8/\$10 | 4601.337 | EP |
| 10/10 | Th | 1-2 p.m. | \$8/\$10 | 4651.306 | BR |
| 10/17 | Th | 1-2 p.m. | \$8/\$10 | 4601.338 | EP |
| 11/14 | Th | 1-2 p.m. | \$8/\$10 | 4651.307 | BR |
| 11/21 | Th | 1-2 p.m. | \$8/\$10 | 4601.339 | EP |
| 12/12 | Th | 1-2 p.m. | \$8/\$10 | 4651.308 | BR |
| 12/19 | Th | 1-2 p.m. | \$8/\$10 | 4601.440 | EP |

## Crafty Corner

Put on your creative hat and join in on the fun on the second Friday of the month! These projects will spark creativity and stay true to the season. Supplies included.

### Charm Bracelets

|       |   |              |           |          |    |
|-------|---|--------------|-----------|----------|----|
| 10/11 | F | 10 a.m.-noon | \$10/\$11 | 4601.313 | EP |
|-------|---|--------------|-----------|----------|----|

### Fall Leaf candles

|      |   |              |           |          |    |
|------|---|--------------|-----------|----------|----|
| 11/8 | F | 10 a.m.-noon | \$10/\$11 | 4601.314 | EP |
|------|---|--------------|-----------|----------|----|

### Holiday Ornaments

|       |   |              |           |          |    |
|-------|---|--------------|-----------|----------|----|
| 12/13 | F | 10 a.m.-noon | \$10/\$11 | 4601.315 | EP |
|-------|---|--------------|-----------|----------|----|

## Maker Monday

Put on your creative hat and join in on the fun on the fourth Monday of the Month! These projects will spark creativity and stay true to the season. Supplies included.

### Mini Scarecrows

|      |   |              |           |          |    |
|------|---|--------------|-----------|----------|----|
| 9/23 | M | 10 a.m.-noon | \$10/\$11 | 4651.309 | BR |
|------|---|--------------|-----------|----------|----|

### Fall Table Center Piece

|       |   |              |           |          |    |
|-------|---|--------------|-----------|----------|----|
| 10/28 | M | 10 a.m.-noon | \$10/\$11 | 4651.310 | BR |
|-------|---|--------------|-----------|----------|----|

### Holiday Wreath

|       |   |              |           |          |    |
|-------|---|--------------|-----------|----------|----|
| 11/25 | M | 10 a.m.-noon | \$10/\$11 | 4651.311 | BR |
|-------|---|--------------|-----------|----------|----|

## Potluck 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 and beverages will be provided. See the On the Move Newsletter for each month's featured dish. Registration required.

|       |   |                    |         |          |    |
|-------|---|--------------------|---------|----------|----|
| 9/27  | F | 11 a.m.-12:30 p.m. | \$3/\$5 | 4601.325 | EP |
| 10/25 | F | 11 a.m.-12:30 p.m. | \$3/\$5 | 4601.326 | EP |
| 11/22 | F | 11 a.m.-12:30 p.m. | \$3/\$5 | 4601.327 | EP |

## Friday Bingo at Eagle Pointe

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

|       |   |             |         |          |    |
|-------|---|-------------|---------|----------|----|
| 9/27  | F | 1-2:30 p.m. | \$5/\$7 | 4601.316 | EP |
| 10/25 | F | 1-2:30 p.m. | \$5/\$7 | 4601.317 | EP |
| 11/22 | F | 1-2:30 p.m. | \$5/\$7 | 4601.318 | 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. We will have great prizes and bunches of fun! Registration is required to attend.

|       |   |              |           |          |    |
|-------|---|--------------|-----------|----------|----|
| 9/20  | F | 9-10:30 a.m. | \$10/\$12 | 4651.301 | BR |
| 10/18 | F | 9-10:30 a.m. | \$10/\$12 | 4651.302 | BR |
| 11/15 | F | 9-10:30 a.m. | \$10/\$12 | 4651.303 | BR |
| 12/20 | F | 9-10:30 a.m. | \$10/\$12 | 4651.304 | BR |



# ADULTS

## Chair Volleyball

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

|      |   |                   |      |          |    |
|------|---|-------------------|------|----------|----|
| 9/9  | M | 11:45 a.m.-1 p.m. | Free | 4651.312 | BR |
| 10/2 | W | 10-11 a.m.        | Free | 4601.319 | EP |
| 10/7 | M | 11:45 a.m.-1 p.m. | Free | 4651.313 | BR |
| 11/4 | M | 11:45 a.m.-1 p.m. | Free | 4651.314 | BR |
| 11/6 | W | 10-11 a.m.        | Free | 4601.320 | EP |
| 12/2 | M | 11:45 a.m.-1 p.m. | Free | 4651.315 | BR |
| 12/4 | W | 10-11 a.m.        | Free | 4601.321 | EP |

## Lotería

A traditional game of chance, lotería—the Spanish word for lottery, a game where illustrated cards depicting the Mexican aesthetic replace bingo balls. We will have exciting prizes! Registration is required.

|      |   |        |           |          |    |
|------|---|--------|-----------|----------|----|
| 10/2 | W | 4 p.m. | \$10/\$11 | 4601.307 | EP |
| 11/6 | W | 4 p.m. | \$10/\$11 | 4601.308 | EP |
| 12/4 | W | 4 p.m. | \$10/\$11 | 4601.309 | EP |

## Spill the Tea

Join us for candid conversations and delicious indulgences. Sip on soothing tea blends and other high tea favorites while adults gather to share stories, laughter, and insights into their lives. It's the perfect blend of relaxation, camaraderie, and sweet treats. Registration is required.

|       |    |        |         |          |    |
|-------|----|--------|---------|----------|----|
| 9/17  | Tu | 2 p.m. | \$3/\$5 | 4651.316 | BR |
| 10/15 | Tu | 2 p.m. | \$3/\$5 | 4651.317 | BR |
| 11/19 | Tu | 2 p.m. | \$3/\$5 | 4651.318 | BR |
| 12/17 | Tu | 2 p.m. | \$3/\$5 | 4651.319 | BR |

## ACTIVE ADULTS 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.**

## 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.

## SEPTEMBER:

## Honeybee Harvest Festival

We are off to the Niwot 4th Annual Honeybee Harvest Festival! Lunch on your own.

|       |       |                |           |          |
|-------|-------|----------------|-----------|----------|
| 9/7   | Sa    | 10 a.m.-4 p.m. | \$12/\$15 | 4601.305 |
| EP/BR | Niwot |                | L3        |          |

## Fiber Fest: A Fiber Arts Exhibition

From traditional practices to unexpected sculptural forms, fiber can be woven into the realm of imagination, conceptual investigation, and cultural dialogue. A fine art whose material consists of natural or synthetic fiber, such as fabric, paper, yarn, woven plastics, thread, and more, fiber art. Lunch on your own.

|       |          |                |          |          |
|-------|----------|----------------|----------|----------|
| 9/10  | Tu       | 11 a.m.-3 p.m. | \$9/\$11 | 4501.306 |
| EP/BR | Lakewood |                | L2       |          |

## Gambling Trip – Cripple Creek

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

|       |               |               |           |          |
|-------|---------------|---------------|-----------|----------|
| 9/11  | W             | 9 a.m.-4 p.m. | \$12/\$15 | 4501.307 |
| EP/BR | Cripple Creek |               | L3        |          |

## Bucee's

Buc-ee's, a Texas-based travel center, now has a 74,000-square-foot facility right here in Colorado! They offer fresh brisket sandwiches, Beaver Nuggets, Fudge, Kolaches, merchandise and more.. Lunch on your own.

|       |           |                |          |          |
|-------|-----------|----------------|----------|----------|
| 9/19  | Th        | 10 a.m.-3 p.m. | \$9/\$11 | 4501.309 |
| EP/BR | Johnstown |                | L2       |          |

## 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 Bison Ridge!

|       |     |                |           |          |
|-------|-----|----------------|-----------|----------|
| 9/24  | Tu  | 10 a.m.-3 p.m. | \$10/\$12 | 4501.310 |
| EP/BR | ??? |                | L3        |          |

## State 38 Distilling

State 38 Distilling is a Golden, CO distillery that produces State 38 Whiskeys, Hacedor Agave Spirits, and Damn Smooth Spirits. Sourcing only the purest and carefully selected ingredients like local hand-milled grains, organic blue weber agave from





Mexico, and crisp Rocky Mountain water. Cost of Distillery on your own.

|              |               |                       |                 |                 |
|--------------|---------------|-----------------------|-----------------|-----------------|
| <b>9/26</b>  | <b>Th</b>     | <b>3:30-6:30 p.m.</b> | <b>\$9/\$11</b> | <b>4501.311</b> |
| <b>EP/BR</b> | <b>Golden</b> |                       | <b>L1</b>       |                 |

### Dinner out - Cheddars

Cheddar's serves scratch-made food at a price you won't believe. From chicken tenders to ribs, they have American favorites that will make your mouth water. Cost of meal on your own.

|              |                 |                 |                 |                 |
|--------------|-----------------|-----------------|-----------------|-----------------|
| <b>9/30</b>  | <b>M</b>        | <b>4-8 p.m.</b> | <b>\$9/\$11</b> | <b>4501.301</b> |
| <b>EP/BR</b> | <b>Thornton</b> |                 | <b>L1</b>       |                 |

## OCTOBER

### Grand Lake

Nestled in the heart of the Rocky Mountains, Grand Lake offers stunning natural beauty and endless adventures. Explore charming downtown shops, savor delicious local cuisine and immerse yourself in vibrant culture of this mountain community. Lunch on your own.

|              |                   |                      |                  |                 |
|--------------|-------------------|----------------------|------------------|-----------------|
| <b>10/1</b>  | <b>Tu</b>         | <b>9 a.m.-4 p.m.</b> | <b>\$12/\$15</b> | <b>4501.312</b> |
| <b>EP/BR</b> | <b>Grand Lake</b> |                      | <b>L3</b>        |                 |

### Turn of the Century Bingo Trip

Embark on an exhilarating gambling adventure at the Turn of the Century Bingo Hall! Join us for an unforgettable experience filled with excitement, thrills, and the chance to win big while supporting local non-profits with every purchase. We will stop for dinner beforehand. Dinner on your own.

|              |               |                    |                 |                 |
|--------------|---------------|--------------------|-----------------|-----------------|
| <b>10/5</b>  | <b>Sa</b>     | <b>5-8:30 p.m.</b> | <b>\$9/\$11</b> | <b>4501.313</b> |
| <b>EP/BR</b> | <b>Aurora</b> |                    | <b>L1</b>       |                 |

### Leaf Peeping

Fall is here! Secure your spot now as we travel the Peak-to-Peak highway to see the vibrant fall leaves! Enjoy a mountain lunch before we start our journey! Lunch on your own.

|              |                   |                       |                  |                 |
|--------------|-------------------|-----------------------|------------------|-----------------|
| <b>10/8</b>  | <b>Tu</b>         | <b>10 a.m.-3 p.m.</b> | <b>\$12/\$15</b> | <b>4501.314</b> |
| <b>EP/BR</b> | <b>Estes Park</b> |                       | <b>L2</b>        |                 |

### Anderson Farms

Anderson Farms offers a variety of fun fall activities, including wagon rides, a pumpkin patch, a corn maze, and the chance to see farm animals. Join us for a day of fun fall adventures!

|              |             |                       |                  |                 |
|--------------|-------------|-----------------------|------------------|-----------------|
| <b>10/10</b> | <b>Th</b>   | <b>10 a.m.-3 p.m.</b> | <b>\$20/\$25</b> | <b>4501.315</b> |
| <b>EP/BR</b> | <b>Erie</b> |                       | <b>L3</b>        |                 |

### Acreage by Stem Cider

Acreage brings the urban cider house experience to the countryside with farm-fresh dishes and breathtaking views. Lunch on your own.

|              |                  |                             |                 |                 |
|--------------|------------------|-----------------------------|-----------------|-----------------|
| <b>10/16</b> | <b>W</b>         | <b>11:30 a.m.-2:30 p.m.</b> | <b>\$9/\$11</b> | <b>4501.316</b> |
| <b>EP/BR</b> | <b>Lafayette</b> |                             | <b>L1</b>       |                 |

### Whale of a Used Book Bale

Build your library and find amazing deals with prices starting at just 50 cents, all while supporting the Jefferson County Library Foundation. Shop for gently used, new and antique books, along with DVDs, CDs, and records for children and adults. Lunch on your own.

|              |               |                         |                 |                 |
|--------------|---------------|-------------------------|-----------------|-----------------|
| <b>10/18</b> | <b>F</b>      | <b>9:30 a.m.-2 p.m.</b> | <b>\$9/\$11</b> | <b>4501.317</b> |
| <b>EP/BR</b> | <b>Golden</b> |                         | <b>L2</b>       |                 |

### History Colorado Center

We will visit the John Fielder exhibit at History Colorado, an assortment of more than 6,000 photographs that immortalize the landscapes of nearly every county in the state. This collection represents Fielder's life work and was distilled from the more than 200,000 photographs taken over the last 50 years. Lunch on your own.

|              |               |                       |                  |                 |
|--------------|---------------|-----------------------|------------------|-----------------|
| <b>10/22</b> | <b>Tu</b>     | <b>10 a.m.-3 p.m.</b> | <b>\$25/\$30</b> | <b>4501.318</b> |
| <b>EP/BR</b> | <b>Denver</b> |                       | <b>L2</b>        |                 |

### Lizzies Axe Throwing

Whether your brand new to axe throwing or a seasoned thrower, Lizzie's is the place for you. The trained staff will teach you everything you need to have an exciting and safe time. There's no pressure to be a throwing ace— come have some fun! Dinner on your own.

|              |                 |                       |                  |                 |
|--------------|-----------------|-----------------------|------------------|-----------------|
| <b>10/21</b> | <b>M</b>        | <b>4:30-6:30 p.m.</b> | <b>\$20/\$25</b> | <b>4501.319</b> |
| <b>EP/BR</b> | <b>Brighton</b> |                       | <b>L3</b>        |                 |

### Dinner out - Las Delicias

Since 1976, Las Delicias Mexican Restaurant has been serving original and delicious Mexican dishes. Join us for dinner and margaritas! Dinner on your own.

|              |               |                 |                 |                 |
|--------------|---------------|-----------------|-----------------|-----------------|
| <b>10/28</b> | <b>M</b>      | <b>4-8 p.m.</b> | <b>\$9/\$11</b> | <b>4501.302</b> |
| <b>EP/BR</b> | <b>Denver</b> |                 | <b>L1</b>       |                 |

## NOVEMBER

### CULTURA: Chocolate Making Company

Colorado's Premier Award-Winning Chocolate Making Company. Cultura Chocolate is a Latina-owned bean-to-bar chocolate-making company with a mission to create truly amazing chocolate that has greater transparency, sustainability, and accessibility.

|              |               |                 |                 |                 |
|--------------|---------------|-----------------|-----------------|-----------------|
| <b>11/1</b>  | <b>F</b>      | <b>4-8 p.m.</b> | <b>\$9/\$11</b> | <b>4501.320</b> |
| <b>EP/BR</b> | <b>Denver</b> |                 | <b>L2</b>       |                 |



# ADULTS

## Celestial Seasonings Tour

Join us in the beautiful foothills of Boulder, for a factory tour. From raw ingredients to finished products, you'll learn all about the wonderful world of tea and see how our wholesome products are blended, packaged and shipped. Lunch on your own.

|       |         |                |           |          |
|-------|---------|----------------|-----------|----------|
| 11/5  | Tu      | 10 a.m.-4 p.m. | \$15/\$18 | 4501.321 |
| EP/BR | Boulder |                | L2        |          |

## Gambling Trip – Grand Z Casino

Check out the newest machines in Colorado as well as your old favorites like video craps, blackjack and roulette. Lunch on your own.

|       |              |               |           |          |
|-------|--------------|---------------|-----------|----------|
| 11/7  | Th           | 9 a.m.-4 p.m. | \$12/\$15 | 4501.308 |
| EP/BR | Central City |               | L3        |          |

## Alamo Drafthouse Cinema

Stylish theater chain for new & classic films features cocktails & creative bites served seat-side. Movie is on us, lunch on your own. More details including show title and more, follow the monthly newsletter On the Move!

|       |             |                |           |          |
|-------|-------------|----------------|-----------|----------|
| 11/12 | Tu          | 11 a.m.-3 p.m. | \$13/\$15 | 4501.322 |
| EP/BR | Westminster |                | L1        |          |

## 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.

|       |     |                |           |          |
|-------|-----|----------------|-----------|----------|
| 11/19 | Tu  | 11 a.m.-3 p.m. | \$10/\$12 | 4501.323 |
| EP/BR | ??? |                | L3        |          |

## Mines Museum of Earth Science

Discover Golden's hidden gem at the Colorado School of Mines! Take in rocks, minerals, fossils, and other Earth Science-related objects. Pass through our indoor cave and discover minerals that glow. Gaze at the sparkling Miss Colorado Crown containing over 600 gemstones and 21 diamonds. Lunch on your own.

|       |        |               |          |          |
|-------|--------|---------------|----------|----------|
| 11/20 | W      | 10 a.m.-3p.m. | \$9/\$11 | 4501.324 |
| EP/BR | Golden |               | L2       |          |

## Dinner out – Wishbone

Wishbone is family-owned and operated and has been since 1963. Stop by and enjoy some delicious favorites such as fried chicken, specialty sandwiches, shrimp, fish, and more. Dinner on your own.

|       |             |          |          |          |
|-------|-------------|----------|----------|----------|
| 11/25 | M           | 4-8 p.m. | \$9/\$11 | 4501.303 |
| EP/BR | Westminster |          | L1       |          |

## DECEMBER

## Holiday Shopping at the Outlets

In a pinch to cross people off of your Holiday list? Join us for a day of shopping at the Castle Rock Outlet Mall! With name-brand shops and great deals, you can shop till you drop with friends by your side!

|       |             |               |          |          |
|-------|-------------|---------------|----------|----------|
| 12/3  | Tu          | 9 a.m.-3 p.m. | \$9/\$11 | 4501.325 |
| EP/BR | Castle Rock |               | L2       |          |

## Holiday Mystery Production

Step in the Holiday Magic as we go out to a local Holiday production. With the surprise reveal, you'll be transported into a world of wonder and joy. The play will be revealed once you arrive. More news to follow in the On the Move Newsletter.

|       |     |     |           |          |
|-------|-----|-----|-----------|----------|
| 12/5  | Th  | TBD | \$30/\$35 | 4501.330 |
| EP/BR | ??? |     | L1        |          |

## IMAX

IMAX seeks to give the viewer an immersive movie-watching experience with its large screens! Join us for a thrilling movie! Movie is on us, Lunch on your own. More details including show title and time to follow in On the Move!

|       |             |                |         |          |
|-------|-------------|----------------|---------|----------|
| 12/11 | W           | 11 a.m.-3 p.m. | \$22/25 | 4501.326 |
| EP/BR | Westminster |                | L1      |          |

## Holiday Lights Tour

Join us on a magical journey filled with a Holiday Lights display and a merry adventure. We'll stop for dinner ahead of time and then sit back and enjoy the enchanting sights and sounds of the holidays as we spread cheer throughout the city! Dinner on your own. Registration Required.

|       |              |          |           |          |
|-------|--------------|----------|-----------|----------|
| 12/12 | Th           | 4-8 p.m. | \$12/\$15 | 4501.327 |
| EP/BR | Metro Denver |          | L1        |          |

## Thornton WinterFest

Experience the magic of Winterfest! Join us for a festive celebration featuring enchanting activities for the whole family. With a variety of winter-inspired delights and entertainments, Winterfest promises to be a memorable experience filled with cheer. Lunch on your own.

|       |          |                |          |           |
|-------|----------|----------------|----------|-----------|
| 12/14 | Sa       | 10 a.m.-3 p.m. | \$9/\$11 | 46501.328 |
| EP/BR | Thornton |                | L3       |           |

## Dinner out – Buca di Beppo

It's Meatball Monday at Buca di Beppo where spaghetti and Buca's world famous meatballs are the daily special, but you can pick from a full menu of delightful Italian dishes. Dinner on your own.

|       |            |          |          |          |
|-------|------------|----------|----------|----------|
| 12/30 | M          | 4-8 p.m. | \$9/\$11 | 4501.304 |
| EP/BR | Broomfield |          | L1       |          |



## Holiday Tea @ Colorado History

The Center for Colorado Women's History hosts Holiday Tea, which includes a guided tour of the historic home onsite followed by a tea seating that features catered sweets and snacks from local women bakers and restaurateurs. More details to follow in the On the Move Newsletter!

|         |        |     |           |          |
|---------|--------|-----|-----------|----------|
| Dec TBD | Tu     | TBD | \$25/\$30 | 4501.329 |
| EP/BR   | Denver |     | L1        |          |

## RESOURCES

### 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.

### Tuesday Resource Roundup

Join us to learn more about relevant resources and information in our community. The second Tuesday of each month we'll bring in an expert to share information and answer questions on topics ranging from creating your wills and trusts, and applying for housing assistance, to learning about the latest frauds and scams and steps to prevent them. Rotates between Eagle Pointe and Bison Ridge, stay updated on location through On the Move, shuttle provided.

|       |    |            |      |          |    |
|-------|----|------------|------|----------|----|
| 9/10  | Tu | 10-11 a.m. | FREE | 4751.301 | BR |
| 10/8  | Tu | 10-11 a.m. | FREE | 4701.301 | EP |
| 11/12 | Tu | 10-11 a.m. | FREE | 4751.302 | BR |
| 12/10 | Tu | 10-11 a.m. | FREE | 4701.302 | EP |

### COMMUNITY WELLBEING

The Community Well-Being Division coordinates information and referral services, outreach, and programming to reach individuals and families in Commerce City needing services and support. This includes collaborating with both city departments and external/partner organizations and agencies. The Community Well-Being team is developing programs, initiatives, and solutions to address poverty, homelessness, neighborhood and race equity to serve and elevate vulnerable populations.

#### Community Well-Being Division

##### Contact:

303-289-3698  
cwb@c3gov.com

##### For specific assistance for Seniors, please contact:

Sarah Burgess, Community Navigator - Seniors  
sburgess@c3gov.com

Sarah offers walk-in hours at the Active Adult Centers the following days and times:

Mondays, 8 a.m.-Noon - Bison Ridge

Wednesdays, 8 a.m.-Noon - Eagle Pointe

## 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

PLEASE JOIN US FOR A  
REPLENISHING FREE COMMUNITY MEAL

# THE WELL

PROVIDED BY THE COMMUNITY WELL-BEING DIVISION  
IN PARTNERSHIP WITH 180 COMMUNITY CHURCH

**Second Friday of every month**  
**11 a.m. - 1 p.m.**  
Templo Gethsemani, 6690 Monaco St.

Questions? Contact 303-289-3698 or visit [c3gov.com/CWB](https://c3gov.com/CWB)



# AQUATICS

## POOL INFORMATION

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

**Monday-Friday: 5 a.m. – 9 p.m.**

**Saturday: 7 a.m. – 6:30 p.m.**

**Sunday: 8 a.m. – 5:30 p.m.**

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

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

Each facility offers a wide variety of activities and programs including lap and open swim times, family swim times, Aquafit classes, party rentals, and swimming lessons.

For specific and up-to-date times for pool usage and availability, please visit our website at [c3gov.com/aquatics](https://c3gov.com/aquatics) or stop by to pick up a pool schedule from the location of your choice.

## SWIMMING SAFETY AND GUIDELINES

Please observe these safety guidelines and policies during your visit.

- **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.

- **User requirements:**

- ✓ Children age 5 and younger must be accompanied in the water and remain within arm's reach of an adult, age 18 or over, at all times.
- ✓ A person age 16 or older must remain on the pool deck and

directly supervise any child between the ages of 6-11 in the pool.

- ✓ Children age 12 and older may swim without adult supervision.
- ✓ Children who are not toilet trained must wear swim diapers.
- ✓ To ride the slides, users must meet the minimum height requirement of 48" at Bison Ridge; 54" at Eagle Pointe.

- **Additional guidelines:**

- ✓ A swim test must be passed by any user wishing to use the deep end, regardless of age.
- ✓ Food, gum, alcohol, and glass containers are not allowed in the pool area. Drinks in sealable, spill proof containers are permitted.

- **Pool Accessibility:**

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

- **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**

- ✓ Must be 16 or older to use steam room
- ✓ Do not exceed 10 minutes in the steam room
- ✓ Please shower before entering steam room
- ✓ Use of personal lotions, oils, sprays, soaps, etc. is not permitted in the steam room
- ✓ 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 questions about booking a party? For more information, please visit [c3gov.com/Aquatics](http://c3gov.com/Aquatics).

## Aquafit

**Ages 16 and older for all classes.**

For the most up to date class schedule please visit [c3gov.com/fitness](http://c3gov.com/fitness).

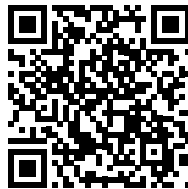
## SWIMMING LESSONS

### 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 [c3gov.com/Aquatics](http://c3gov.com/Aquatics). Once the request is received, an instructor will contact you directly to schedule the lesson. Participants may complete up to 8 lessons per request. Lessons requests are subject to staff availability and available pool space and cannot be guaranteed.



- **Private: (1 person/30 minutes) \$20R/\$26NR**
- **Semi-private: (2 people/30minutes) \$26R/\$38NR**

## GROUP LESSONS

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

- **Tu/Th Sessions**

- **25 min classes \$30R/\$42NR**
- **45 min classes \$45R/\$63NR**

#### Wednesday and Saturday Sessions

**25 min classes \$15R/\$21NR**

**45 min classes \$22.50R/\$31.50NR**

#### Swim Lesson Registration Dates for Bison Ridge (BR):

Session 1: September 10–12

Session 2: October 29–31

#### Swim Lesson Registration Dates for Eagle Pointe (EP):

Session 1: September 17–19

Session 2: November 5–7

## 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 yrs**

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.

### StarBabies at BR

|            |    |             |          |    |
|------------|----|-------------|----------|----|
| 9/21–10/19 | Sa | 9–9:25 a.m. | 6001.301 | BR |
| 11/9–12/7  | Sa | 9–9:25 a.m. | 6002.301 | BR |

### StarTots at BR

|            |    |                |          |    |
|------------|----|----------------|----------|----|
| 9/21–10/19 | Sa | 9:30–9:55 a.m. | 6001.302 | BR |
| 9/21–10/19 | Sa | 10–10:25 a.m.  | 6001.303 | BR |
| 11/9–12/7  | Sa | 9:30–9:55 a.m. | 6002.302 | BR |
| 11/9–12/7  | Sa | 10–10:25 a.m.  | 6001.303 | BR |

### StarBabies at EP

|             |    |             |          |    |
|-------------|----|-------------|----------|----|
| 9/28–10/26  | Sa | 9–9:25 a.m. | 6011.301 | EP |
| 11/16–12/14 | Sa | 9–9:25 a.m. | 6012.301 | EP |

### StarTots at EP

|             |    |                |          |    |
|-------------|----|----------------|----------|----|
| 9/28–10/26  | Sa | 9:30–9:55 a.m. | 6012.302 | EP |
| 11/16–12/14 | Sa | 9:30–9:55 a.m. | 6012.302 | EP |



# AQUATICS

## WHAT COLOR DO I REGISTER FOR?

| White  | Red   | Yellow  | Blue  | Green  |
|--|---|---|---|--|
| <b>If the student:</b><br>Is afraid of water<br><b>OR...</b><br>Can't swim at all<br><b>OR...</b><br>Will <b>not</b> get face wet<br><b>Register for</b><br>✓ <b>White</b> | <b>If the student:</b><br>Will submerge for at least 5 seconds<br><b>AND...</b><br>Will jump in<br><b>BUT CANNOT...</b><br>Float relaxed (front back) on surface without support<br><b>Register for</b><br>✓ <b>Red</b> | <b>If the student:</b><br>Can jump in and come up on the back and float for at least 5 seconds<br><b>BUT CANNOT...</b><br>Move forward through the water 10 ft. (3 m), change direction and come back<br><b>Register for</b><br>✓ <b>Yellow</b> | <b>If the student:</b><br>Can move through the water 10 ft. (3 m), change direction, and come back<br><b>BUT CANNOT...</b><br>Tread water for at least 15 seconds<br><b>Register for</b><br>✓ <b>Blue</b> | <b>If the student:</b><br>Can tread water for at least 15 seconds<br><b>BUT CANNOT...</b><br>Swim basic freestyle stroke with "swim-roll-swim" or rotary (side) breathing<br><b>Register for</b><br>✓ <b>Green</b> |

## SWIM SCHOOL AT BISON RIDGE

### White

#### Session 1

|            |       |                |          |    |
|------------|-------|----------------|----------|----|
| 9/17-10/17 | Tu/Th | 5-5:25 p.m.    | 6101.301 | BR |
| 9/17-10/17 | Tu/Th | 5:30-5:55 p.m. | 6101.302 | BR |
| 9/17-10/17 | Tu/Th | 6:30-6:55 p.m. | 6101.303 | BR |
| 9/18-10/16 | W     | 5-5:25 p.m.    | 6101.304 | BR |
| 9/18-10/16 | W     | 5:30-5:55 p.m. | 6101.305 | BR |
| 9/18-10/16 | W     | 6:30-6:55 p.m. | 6101.306 | BR |
| 9/21-10/19 | Sa    | 9-9:25 a.m.    | 6101.307 | BR |
| 9/21-10/19 | Sa    | 10-10:25 a.m.  | 6101.308 | BR |
| 9/21-10/19 | Sa    | 11-11:25 a.m.  | 6101.309 | BR |

#### Session 2

|           |       |                |          |    |
|-----------|-------|----------------|----------|----|
| 11/5-12/5 | Tu/Th | 5-5:25 p.m.    | 6102.301 | BR |
| 11/5-12/5 | Tu/Th | 5:30-5:55 p.m. | 6102.302 | BR |
| 11/5-12/5 | Tu/Th | 6:30-6:55 p.m. | 6102.303 | BR |
| 11/6-12/4 | W     | 5-5:25 p.m.    | 6102.304 | BR |
| 11/6-12/4 | W     | 5:30-5:55 p.m. | 6102.305 | BR |
| 11/6-12/4 | W     | 6:30-6:55 p.m. | 6102.306 | BR |
| 11/9-12/7 | Sa    | 9-9:25 a.m.    | 6102.307 | BR |
| 11/9-12/7 | Sa    | 10-10:25 a.m.  | 6102.308 | BR |
| 11/9-12/7 | Sa    | 11-11:25 a.m.  | 6102.309 | BR |

### Red

#### Session 1

|            |       |                  |          |    |
|------------|-------|------------------|----------|----|
| 9/17-10/17 | Tu/Th | 5-5:25 p.m.      | 6201.301 | BR |
| 9/17-10/17 | Tu/Th | 6-6:25 p.m.      | 6201.302 | BR |
| 9/17-10/17 | Tu/Th | 6:30-6:55 p.m.   | 6201.303 | BR |
| 9/18-10/16 | W     | 5-5:25 p.m.      | 6201.304 | BR |
| 9/18-10/16 | W     | 6-6:25 p.m.      | 6201.305 | BR |
| 9/18-10/16 | W     | 6:30-6:55 p.m.   | 6201.306 | BR |
| 9/21-10/19 | Sa    | 9-9:25 a.m.      | 6201.307 | BR |
| 9/21-10/19 | Sa    | 10:30-10:55 a.m. | 6201.308 | BR |
| 9/21-10/19 | Sa    | 11-11:25 a.m.    | 6201.309 | BR |

#### Session 2

|           |       |                  |          |    |
|-----------|-------|------------------|----------|----|
| 11/5-12/5 | Tu/Th | 5-5:25 p.m.      | 6202.301 | BR |
| 11/5-12/5 | Tu/Th | 6-6:25 p.m.      | 6202.302 | BR |
| 11/5-12/5 | Tu/Th | 6:30-6:55 p.m.   | 6202.303 | BR |
| 11/6-12/4 | W     | 5-5:25 p.m.      | 6202.304 | BR |
| 11/6-12/4 | W     | 6-6:25 p.m.      | 6202.305 | BR |
| 11/6-12/4 | W     | 6:30-6:55 p.m.   | 6202.306 | BR |
| 11/9-12/7 | Sa    | 9-9:25 a.m.      | 6202.307 | BR |
| 11/9-12/7 | Sa    | 10:30-10:55 a.m. | 6202.308 | BR |
| 11/9-12/7 | Sa    | 11-11:25 a.m.    | 6202.309 | BR |



## Yellow

### Session 1

|            |       |                  |          |    |
|------------|-------|------------------|----------|----|
| 9/17-10/17 | Tu/Th | 5-5:25 p.m.      | 6301.301 | BR |
| 9/17-10/17 | Tu/Th | 6-6:25 p.m.      | 6301.302 | BR |
| 9/17-10/17 | Tu/Th | 7-7:25 p.m.      | 6301.303 | BR |
| 9/18-10/16 | W     | 5-5:25 p.m.      | 6301.304 | BR |
| 9/18-10/16 | W     | 6-6:25 p.m.      | 6301.305 | BR |
| 9/18-10/16 | W     | 7-7:25 p.m.      | 6301.306 | BR |
| 9/21-10/19 | Sa    | 9:30-9:55 a.m.   | 6301.307 | BR |
| 9/21-10/19 | Sa    | 10:30-10:55 a.m. | 6301.308 | BR |
| 9/21-10/19 | Sa    | 11:30-11:55 a.m. | 6301.309 | BR |

### Session 2

|           |       |                  |          |    |
|-----------|-------|------------------|----------|----|
| 11/5-12/5 | Tu/Th | 5-5:25 p.m.      | 6302.301 | BR |
| 11/5-12/5 | Tu/Th | 6-6:25 p.m.      | 6302.302 | BR |
| 11/5-12/5 | Tu/Th | 7-7:25 p.m.      | 6302.303 | BR |
| 11/6-12/4 | W     | 5-5:25 p.m.      | 6302.304 | BR |
| 11/6-12/4 | W     | 6-6:25 p.m.      | 6302.305 | BR |
| 11/6-12/4 | W     | 7-7:25 p.m.      | 6302.306 | BR |
| 11/9-12/7 | Sa    | 9:30-9:55 a.m.   | 6302.307 | BR |
| 11/9-12/7 | Sa    | 10:30-10:55 a.m. | 6302.308 | BR |
| 11/9-12/7 | Sa    | 11:30-11:55 a.m. | 6302.309 | BR |

## Blue

### Session 1

|            |       |                  |          |    |
|------------|-------|------------------|----------|----|
| 9/17-10/17 | Tu/Th | 5:30-5:55 p.m.   | 6401.301 | BR |
| 9/17-10/17 | Tu/Th | 6-6:25 p.m.      | 6401.302 | BR |
| 9/17-10/17 | Tu/Th | 7-7:25 p.m.      | 6401.303 | BR |
| 9/18-10/16 | W     | 5:30-5:55 p.m.   | 6401.304 | BR |
| 9/18-10/16 | W     | 6-6:25 p.m.      | 6401.305 | BR |
| 9/18-10/16 | W     | 7-7:25 p.m.      | 6401.306 | BR |
| 9/21-10/19 | Sa    | 9:30-9:55 a.m.   | 6401.307 | BR |
| 9/21-10/19 | Sa    | 10:30-10:55 a.m. | 6401.308 | BR |
| 9/21-10/19 | Sa    | 11:30-11:55 a.m. | 6401.309 | BR |

### Session 2

|           |       |                  |          |    |
|-----------|-------|------------------|----------|----|
| 11/5-12/5 | Tu/Th | 5:30-5:55 p.m.   | 6402.301 | BR |
| 11/5-12/5 | Tu/Th | 6-6:25 p.m.      | 6402.302 | BR |
| 11/5-12/5 | Tu/Th | 7-7:25 p.m.      | 6402.303 | BR |
| 11/6-12/4 | W     | 5:30-5:55 p.m.   | 6402.304 | BR |
| 11/6-12/4 | W     | 6-6:25 p.m.      | 6402.305 | BR |
| 11/6-12/4 | W     | 7-7:25 p.m.      | 6402.306 | BR |
| 11/9-12/7 | Sa    | 9:30-9:55 a.m.   | 6402.307 | BR |
| 11/9-12/7 | Sa    | 10:30-10:55 a.m. | 6402.308 | BR |
| 11/9-12/7 | Sa    | 11:30-11:55 a.m. | 6402.309 | BR |

## Green

### Session 1

|            |       |                  |          |    |
|------------|-------|------------------|----------|----|
| 9/17-10/17 | Tu/Th | 5:30-5:55 p.m.   | 6501.301 | BR |
| 9/17-10/17 | Tu/Th | 6:30-6:55 p.m.   | 6501.302 | BR |
| 9/17-10/17 | Tu/Th | 7-7:25 p.m.      | 6501.303 | BR |
| 9/18-10/16 | W     | 5:30-5:55 p.m.   | 6501.304 | BR |
| 9/18-10/16 | W     | 6:30-6:55 p.m.   | 6501.305 | BR |
| 9/18-10/16 | W     | 7-7:25 p.m.      | 6501.306 | BR |
| 9/21-10/19 | Sa    | 10-10:25 a.m.    | 6501.307 | BR |
| 9/21-10/19 | Sa    | 11-11:25 a.m.    | 6501.308 | BR |
| 9/21-10/19 | Sa    | 11:30-11:55 a.m. | 6501.309 | BR |

### Session 2

|           |       |                  |          |    |
|-----------|-------|------------------|----------|----|
| 11/5-12/5 | Tu/Th | 5:30-5:55 p.m.   | 6502.301 | BR |
| 11/5-12/5 | Tu/Th | 6:30-6:55 p.m.   | 6502.302 | BR |
| 11/5-12/5 | Tu/Th | 7-7:25 p.m.      | 6502.303 | BR |
| 11/6-12/4 | W     | 5:30-5:55 p.m.   | 6502.304 | BR |
| 11/6-12/4 | W     | 6:30-6:55 p.m.   | 6502.305 | BR |
| 11/6-12/4 | W     | 7-7:25 p.m.      | 6502.306 | BR |
| 11/9-12/7 | Sa    | 10-10:25 a.m.    | 6502.307 | BR |
| 11/9-12/7 | Sa    | 11-11:25 a.m.    | 6502.308 | BR |
| 11/9-12/7 | Sa    | 11:30-11:55 a.m. | 6502.309 | BR |





# AQUATICS

## SWIM SCHOOL AT EAGLE POINTE

### White

#### Session 1

|            |       |                  |          |    |
|------------|-------|------------------|----------|----|
| 9/24-10/24 | Tu/Th | 5-5:25 p.m.      | 6111.301 | EP |
| 9/24-10/24 | Tu/Th | 5:30-5:55 p.m.   | 6111.302 | EP |
| 9/24-10/24 | Tu/Th | 6-6:25 p.m.      | 6111.303 | EP |
| 9/28-10/26 | Sa    | 9-9:25 a.m.      | 6111.304 | EP |
| 9/28-10/26 | Sa    | 10-10:25 a.m.    | 6111.305 | EP |
| 9/28-10/26 | Sa    | 11:30-11:55 a.m. | 6111.306 | EP |

#### Session 2

|             |       |                  |          |    |
|-------------|-------|------------------|----------|----|
| 11/12-12/12 | Tu/Th | 5-5:25 p.m.      | 6112.301 | EP |
| 11/12-12/12 | Tu/Th | 5:30-5:55 p.m.   | 6111.302 | EP |
| 11/12-12/12 | Tu/Th | 6-6:25 p.m.      | 6112.303 | EP |
| 11/16-12/14 | Sa    | 9-9:25 a.m.      | 6112.304 | EP |
| 11/16-12/14 | Sa    | 10-10:25 a.m.    | 6112.305 | EP |
| 11/16-12/14 | Sa    | 11:30-11:55 a.m. | 6112.306 | EP |

### Red

#### Session 1

|            |       |                  |          |    |
|------------|-------|------------------|----------|----|
| 9/24-10/24 | Tu/Th | 5-5:25 p.m.      | 6211.301 | EP |
| 9/24-10/24 | Tu/Th | 5:30-5:55 p.m.   | 6211.302 | EP |
| 9/24-10/24 | Tu/Th | 6:30-6:55 p.m.   | 6211.303 | EP |
| 9/24-10/24 | Tu/Th | 7-7:25 p.m.      | 6211.304 | EP |
| 9/28-10/26 | Sa    | 9:30-9:55 a.m.   | 6211.305 | EP |
| 9/28-10/26 | Sa    | 10-10:25 a.m.    | 6211.306 | EP |
| 9/28-10/26 | Sa    | 10:30-10:55 a.m. | 6211.307 | EP |

#### Session 2

|             |       |                  |          |    |
|-------------|-------|------------------|----------|----|
| 11/12-12/12 | Tu/Th | 5-5:25 p.m.      | 6212.301 | EP |
| 11/12-12/12 | Tu/Th | 5:30-5:55 p.m.   | 6212.302 | EP |
| 11/12-12/12 | Tu/Th | 6:30-6:55 p.m.   | 6212.303 | EP |
| 11/12-12/12 | Tu/Th | 7-7:25 p.m.      | 6212.304 | EP |
| 11/16-12/14 | Sa    | 9:30-9:55 a.m.   | 6212.305 | EP |
| 11/16-12/14 | Sa    | 10-10:25 a.m.    | 6212.306 | EP |
| 11/16-12/14 | Sa    | 10:30-10:55 a.m. | 6212.307 | EP |

### Yellow

#### Session 1

|            |       |                  |          |    |
|------------|-------|------------------|----------|----|
| 9/24-10/24 | Tu/Th | 6-6:25 p.m.      | 6311.301 | EP |
| 9/24-10/24 | Tu/Th | 6:30-6:55 p.m.   | 6311.302 | EP |
| 9/28-10/26 | Sa    | 10:30-10:55 a.m. | 6311.303 | EP |
| 9/28-10/26 | Sa    | 11-11:25 a.m.    | 6311.304 | EP |

#### Session 2

|             |       |                  |          |    |
|-------------|-------|------------------|----------|----|
| 11/12-12/12 | Tu/Th | 6-6:25 p.m.      | 6312.301 | EP |
| 11/12-12/12 | Tu/Th | 6:30-6:55 p.m.   | 6312.302 | EP |
| 11/16-12/14 | Sa    | 10:30-10:55 a.m. | 6312.303 | EP |
| 11/16-12/14 | Sa    | 11-11:25 a.m.    | 6312.304 | EP |

### Blue

#### Session 1

|            |       |                  |          |    |
|------------|-------|------------------|----------|----|
| 9/24-10/24 | Tu/Th | 7-7:25 p.m.      | 6411.301 | EP |
| 9/28-10/26 | Sa    | 11-11:25 a.m.    | 6411.302 | EP |
| 9/28-10/26 | Sa    | 11:30-11:55 a.m. | 6411.303 | EP |

#### Session 2

|             |       |                  |          |    |
|-------------|-------|------------------|----------|----|
| 11/12-12/12 | Tu/Th | 7-7:25 p.m.      | 6412.301 | EP |
| 11/16-12/14 | Sa    | 11-11:25 a.m.    | 6412.302 | EP |
| 11/16-12/14 | Sa    | 11:30-11:55 a.m. | 6412.303 | EP |

### Green

#### Session 1

|            |       |                  |          |    |
|------------|-------|------------------|----------|----|
| 9/24-10/24 | Tu/Th | 7-7:25 p.m.      | 6511.301 | EP |
| 9/28-10/26 | Sa    | 11-11:25 a.m.    | 6511.302 | EP |
| 9/28-10/26 | Sa    | 11:30-11:55 a.m. | 6511.303 | EP |

#### Session 2

|             |       |                  |          |    |
|-------------|-------|------------------|----------|----|
| 11/12-12/12 | Tu/Th | 7-7:25 p.m.      | 6512.301 | EP |
| 11/16-12/14 | Sa    | 11-11:25 a.m.    | 6512.302 | EP |
| 11/16-12/14 | Sa    | 11:30-11:55 a.m. | 6512.303 | EP |





## WHAT COLOR DO I REGISTER FOR?

### Stroke School 1

#### If the student:

Has successfully completed Swim School Green

#### AND

Can tread water and survival float at least 30 seconds

#### BUT...

Needs to learn or refine freestyle and/or backstroke technique

#### Register for

✓ **Stroke School 1**

### Stroke School 2

#### If the student:

Can swim 25 yards freestyle stroke with "rotary (side) breathing"

#### AND

Can tread water and survival float at least 30 seconds

#### BUT...

Needs to learn or refine freestyle and/or backstroke technique

#### Register for

✓ **Stroke School 2**

## STROKE SCHOOL AT BISON RIDGE

### Stroke School 1 (Freestyle & Backstroke)

#### Session 1

|            |       |               |          |    |
|------------|-------|---------------|----------|----|
| 9/17-10/17 | Tu/Th | 5-5:45 p.m.   | 6601.301 | BR |
| 9/18-10/16 | W     | 5-5:45 p.m.   | 6601.302 | BR |
| 9/21-10/19 | Sa    | 9-9:45 a.m.   | 6601.303 | BR |
| 9/21-10/19 | Sa    | 10-10:45 a.m. | 6601.304 | BR |

#### Session 2

|           |       |               |          |    |
|-----------|-------|---------------|----------|----|
| 11/5-12/5 | Tu/Th | 5-5:45 p.m.   | 6602.301 | BR |
| 11/6-12/4 | W     | 5-5:45 p.m.   | 6602.302 | BR |
| 11/9-12/7 | Sa    | 9-9:45 a.m.   | 6602.303 | BR |
| 11/9-12/7 | Sa    | 10-10:45 a.m. | 6602.304 | BR |

### Stroke School 2 (Breaststroke & Butterfly)

#### Session 1

|            |       |               |          |    |
|------------|-------|---------------|----------|----|
| 11/5-12/5  | Tu/Th | 6-6:45 p.m.   | 6701.301 | BR |
| 9/18-10/16 | W     | 6-6:45 p.m.   | 6701.302 | BR |
| 9/21-10/19 | Sa    | 11-11:45 a.m. | 6701.303 | BR |

#### Session 2

|           |       |               |          |    |
|-----------|-------|---------------|----------|----|
| 11/5-12/5 | Tu/Th | 6-6:45 p.m.   | 6702.301 | BR |
| 11/6-12/4 | W     | 6-6:45 p.m.   | 6702.302 | BR |
| 11/9-12/7 | Sa    | 11-11:45 a.m. | 6702.303 | BR |

## STROKE SCHOOL AT EAGLE POINTE

### Stroke School 1 (Freestyle & Backstroke)

#### Session 1

|             |       |             |          |    |
|-------------|-------|-------------|----------|----|
| 9/24-10/24  | Tu/Th | 5-5:45 p.m. | 6611.301 | EP |
| 9/28-10/26  | Sa    | 9-9:45 a.m. | 6611.302 | EP |
| 11/12-12/12 | Tu/Th | 5-5:45 p.m. | 6612.301 | EP |
| 11/16-12/14 | Sa    | 9-9:45 a.m. | 6612.302 | EP |

### Stroke School 2 (Freestyle & Backstroke)

#### Session 1

|             |       |               |          |    |
|-------------|-------|---------------|----------|----|
| 9/24-10/24  | Tu/Th | 6-6:45 p.m.   | 6711.301 | EP |
| 9/28-10/26  | Sa    | 10-10:45 a.m. | 6711.302 | EP |
| 11/12-12/12 | Tu/Th | 6-6:45 p.m.   | 6712.301 | EP |
| 11/16-12/14 | Sa    | 10-10:45 a.m. | 6712.302 | 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](https://c3gov.com/prg-scholarships), or call 303-286-6837 for more information.

## 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



# FITNESS

## 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. Silver 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](https://c3gov.com/fitness).



### AQUA FITNESS

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

### CARDIO + STRENGTH INTERVAL TRAINING

Cardio + Strength classes combine exercises that elevate your heart rate 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.

### ACTIVE ADULTS

We offer a variety of classes at both facilities including low impact dance classes, barre classes, Silver Sneakers Classic, and Silver Sneakers Circuit.

### STRENGTH TRAINING

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

### YOGA/PILATES

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

## 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](https://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@c3gov.com](mailto:aeasterday@c3gov.com).

#### Fitness Equipment Orientation

##### Ages 14 +

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

##### Ages 14 +

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



## FITNESS & WELLNESS PROGRAMS

### TRX + KETTLEBELLS

#### Ages 16+

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.

|            |   |                |           |          |    |
|------------|---|----------------|-----------|----------|----|
| 9/11-10/16 | W | 6:45-7:45 p.m. | \$70/\$75 | 3551.301 | BR |
|------------|---|----------------|-----------|----------|----|

### WOMEN ON WEIGHTS

#### Ages 16+

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.

|           |    |           |           |          |    |
|-----------|----|-----------|-----------|----------|----|
| 9/14-10/5 | Sa | 9-10 a.m. | \$45/\$55 | 3561.301 | BR |
| 10/19-1/9 | Sa | 9-10 a.m. | \$45/\$55 | 3561.302 | BR |

### ADVANCED WOMEN ON WEIGHTS

#### Ages 16+

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

|            |   |                |           |          |    |
|------------|---|----------------|-----------|----------|----|
| 9/9-9/30   | M | 6:45-7:45 p.m. | \$35/\$40 | 3573.301 | BR |
| 10/14-11/4 | M | 6:45-7:45 p.m. | \$35/\$40 | 3474.301 | BR |

### BODY BLITZ BOOT CAMP

#### Ages 16+

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 holds you accountable for your workout to help you see results. Open to all fitness levels!

|            |      |                |             |          |    |
|------------|------|----------------|-------------|----------|----|
| 9/16-10/23 | M, W | 5:30-6:30 p.m. | \$120/\$125 | 3751.301 | BR |
|------------|------|----------------|-------------|----------|----|

### Restorative Yoga

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 anxiety, and those recovering injuries and anything in between.

|            |    |          |         |          |    |
|------------|----|----------|---------|----------|----|
| 9/19-10/10 | Th | 7-8 p.m. | \$40/45 | 3351.301 | BR |
|------------|----|----------|---------|----------|----|

### TAEKWONDO

#### Ages 8+

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.

|             |       |             |           |          |    |
|-------------|-------|-------------|-----------|----------|----|
| 9/17-10/22  | Tu    | 6:30-8 p.m. | \$45/\$50 | 3901.301 | EP |
| 9/17-10/24  | Tu,Th | 6:30-8 p.m. | \$90/\$95 | 3901.302 | EP |
| 9/19-10/24  | Th    | 6:30-8 p.m. | \$45/\$50 | 3901.203 | EP |
| 11/5-12/17* | Tu    | 6:30-8 p.m. | \$45/\$50 | 3902.301 | EP |
| 11/5-12/17* | Tu,Th | 6:30-8 p.m. | \$90/\$95 | 3902.302 | EP |
| 11/7-12/19* | Th    | 6:30-8 p.m. | \$45/\$50 | 3902.303 | EP |

\*No class the week of 11/25

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



# GOLF

## BOOK A TEE TIME

- By phone at 303-289-1500
- Online at [BuffaloRunGolfCourse.com](https://BuffaloRunGolfCourse.com)
- In person at 15700 E. 112th Ave.

Sign up online at [BuffaloRunGolfCourse.com](https://BuffaloRunGolfCourse.com) to participate in our eClub.

## LOCATION

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

### Golf Course Hours\*

Sunrise–Sunset

### Driving Range Hours\*

Sunrise–One hour prior to sunset

\*Weather permitting

## SUMMER RATES

**March 10 – November 3 (Off-season rates begin November 4)**

| 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   |
| Tu–Th (excludes holidays) | \$14      | \$25      |
| Senior Non-resident (62+) | 9 Hole    | 18 Hole   |
| Tu–Th (excludes holidays) | \$15      | \$27      |
| Junior (17 and younger)   | 9 Hole    | 18 Hole   |
| M–Th                      | \$7       | \$13      |
| F–Su (after 2 p.m.)       | \$7       | \$13      |
| Other Rates               | 9 Hole    | 18 Hole   |
| Cart rental (per person)  | \$12      | \$17      |
| Pull cart                 | \$5       | \$9       |
| Club rental standard      | \$8       | \$13      |
| Range balls               | \$4 small | \$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](https://BuffaloRunGolfCourse.com).

## Buffalo Run Men's and Women's Club

Join 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.

## Private Lessons

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



## BUFFALO RUN 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](https://BuffaloRunGolfCourse.com) or call 303-289-1500 for more information.





# GYMNASTICS

Registration for parent-taught and pre-gymnastics starts August 6 for Residents and August 8 for Non-Residents. Starting on September 3, 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.

|             |    |                 |           |          |    |
|-------------|----|-----------------|-----------|----------|----|
| 9/9-10/21   | M  | 9-9:45 a.m.     | \$27/\$37 | 2101.301 | BR |
| 9/9-10/21   | M  | 10-10:45 a.m.   | \$27/\$37 | 2101.302 | BR |
| 9/9-10/21   | M  | 2-2:45 p.m.     | \$27/\$37 | 2101.303 | BR |
| 9/11-10/23  | W  | 9-9:45 a.m.     | \$27/\$37 | 2101.304 | BR |
| 9/11-10/23  | W  | 10-10:45 a.m.   | \$27/\$37 | 2101.305 | BR |
| 9/13-10/25  | F  | 9:30-10:15 a.m. | \$27/\$37 | 2101.306 | BR |
| 9/14-10/26  | Sa | 9-9:45 a.m.     | \$27/\$37 | 2101.307 | BR |
| 11/11-12/16 | M  | 9-9:45 a.m.     | \$23/\$33 | 2102.301 | BR |
| 11/11-12/16 | M  | 10-10:45 a.m.   | \$23/\$33 | 2102.302 | BR |
| 11/11-12/16 | M  | 2-2:45 p.m.     | \$23/\$33 | 2102.303 | BR |
| 11/13-12/18 | W  | 9-9:45 a.m.     | \$23/\$33 | 2102.304 | BR |
| 11/13-12/18 | W  | 10-10:45 a.m.   | \$23/\$33 | 2102.305 | BR |
| 11/15-12/20 | F  | 9:30-10:15 a.m. | \$23/\$33 | 2102.306 | BR |
| 11/16-12/21 | Sa | 9-9:45 a.m.     | \$23/\$33 | 2102.307 | BR |

### Pre-Gymnastics

#### Ages 4-5

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

|             |    |                       |           |          |    |
|-------------|----|-----------------------|-----------|----------|----|
| 9/9-10/21   | M  | 11-11:45 a.m.         | \$27/\$37 | 2201.301 | BR |
| 9/9-10/21   | M  | Noon-12:45 p.m.       | \$27/\$37 | 2201.302 | BR |
| 9/9-10/21   | M  | 3-3:45 p.m.           | \$27/\$37 | 2201.303 | BR |
| 9/11-10/23  | W  | 11-11:45 a.m.         | \$27/\$37 | 2201.304 | BR |
| 9/13-10/25  | F  | 10:30-11:15 a.m.      | \$27/\$37 | 2201.305 | BR |
| 9/13-10/25  | F  | 11:30 a.m.-12:15 p.m. | \$27/\$37 | 2201.306 | BR |
| 9/14-10/26  | Sa | 10-10:45 a.m.         | \$27/\$37 | 2201.307 | BR |
| 9/14-10/26  | Sa | 11-11:45 a.m.         | \$27/\$37 | 2201.308 | BR |
| 11/11-12/16 | M  | 11-11:45 a.m.         | \$23/\$33 | 2202.301 | BR |
| 11/11-12/16 | M  | Noon-12:45 p.m.       | \$23/\$33 | 2202.302 | BR |
| 11/11-12/16 | M  | 3-3:45 p.m.           | \$23/\$33 | 2202.303 | BR |
| 11/13-12/18 | W  | 11-11:45 a.m.         | \$23/\$33 | 2202.304 | BR |
| 11/15-12/20 | F  | 10:30-11:15 a.m.      | \$23/\$33 | 2202.305 | BR |
| 11/15-12/20 | F  | 11:30 a.m.-12:15 p.m. | \$23/\$33 | 2202.306 | BR |
| 11/16-12/21 | Sa | 10-10:45 a.m.         | \$23/\$33 | 2202.307 | BR |
| 11/16-12/21 | Sa | 11-11:45 a.m.         | \$23/\$33 | 2202.308 | 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 required to register for this class. Registration for this class will begin on August 22 starting at 2 p.m. Please call 303-286-6814 to sign up.

|             |    |             |           |          |    |
|-------------|----|-------------|-----------|----------|----|
| 9/14-10/26  | Sa | 4-4:45 p.m. | \$27/\$37 | 2601.301 | BR |
| 11/16-12/21 | Sa | 4-4:45 p.m. | \$23/\$33 | 2602.301 | BR |

## EARLY REGISTRATION

Early registration for beginning, advanced beginning and intermediate class levels starts August 20 for residents and August 22 for non-residents for session 1, ending on September 2. Starting September 3, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Session 2 early registration opens October 29 for residents and October 31 for non-residents, ending on November 5. Starting on November 6, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Please register early to secure your spot and enjoy the discounted class rates.

## Beginning Gymnastics

### Ages 6-17

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

|             |    |                |           |          |    |
|-------------|----|----------------|-----------|----------|----|
| 9/9-10/21   | M  | 4:30-5:30 p.m. | \$32/\$42 | 2301.301 | BR |
| 9/9-10/21   | M  | 5:30-6:30 p.m. | \$32/\$42 | 2301.302 | BR |
| 9/9-10/21   | M  | 7:30-8:30 p.m. | \$32/\$42 | 2301.303 | BR |
| 9/9-10/21   | M  | 7:30-8:30 p.m. | \$32/\$42 | 2301.304 | BR |
| 9/11-10/23  | W  | 4:30-5:30 p.m. | \$32/\$42 | 2301.305 | BR |
| 9/11-10/23  | W  | 6:30-7:30 p.m. | \$32/\$42 | 2301.306 | BR |
| 9/11-10/23  | W  | 7:30-8:30 p.m. | \$32/\$42 | 2301.307 | BR |
| 9/11-10/23  | W  | 7:30-8:30 p.m. | \$32/\$42 | 2301.308 | BR |
| 9/14-10/26  | Sa | 1-2 p.m.       | \$32/\$42 | 2301.309 | BR |
| 11/11-12/16 | M  | 4:30-5:30 p.m. | \$28/\$38 | 2302.301 | BR |
| 11/11-12/16 | M  | 5:30-6:30 p.m. | \$28/\$38 | 2302.302 | BR |
| 11/11-12/16 | M  | 7:30-8:30 p.m. | \$28/\$38 | 2302.303 | BR |
| 11/11-12/16 | M  | 7:30-8:30 p.m. | \$28/\$38 | 2302.304 | BR |
| 11/13-12/18 | W  | 4:30-5:30 p.m. | \$28/\$38 | 2302.305 | BR |
| 11/13-12/18 | W  | 6:30-7:30 p.m. | \$28/\$38 | 2302.306 | BR |

|             |    |                |           |          |    |
|-------------|----|----------------|-----------|----------|----|
| 11/13-12/18 | W  | 7:30-8:30 p.m. | \$28/\$38 | 2302.307 | BR |
| 11/13-12/18 | W  | 7:30-8:30 p.m. | \$28/\$38 | 2302.308 | BR |
| 11/16-12/21 | Sa | 1-2 p.m.       | \$28/\$38 | 2302.309 | 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.

|             |    |                |           |          |    |
|-------------|----|----------------|-----------|----------|----|
| 9/9-10/21   | M  | 4:30-5:30 p.m. | \$32/\$42 | 2311.301 | BR |
| 9/9-10/21   | M  | 6:30-7:30 p.m. | \$32/\$42 | 2311.302 | BR |
| 9/11-10/23  | W  | 5:30-6:30 p.m. | \$32/\$42 | 2311.303 | BR |
| 9/14-10/26  | Sa | 1-2 p.m.       | \$32/\$42 | 2311.304 | BR |
| 9/14-10/26  | Sa | 2-3 p.m.       | \$32/\$42 | 2311.305 | BR |
| 11/11-12/16 | M  | 4:30-5:30 p.m. | \$28/\$38 | 2312.301 | BR |
| 11/11-12/16 | M  | 6:30-7:30 p.m. | \$28/\$38 | 2312.302 | BR |
| 11/13-12/18 | W  | 5:30-6:30 p.m. | \$28/\$38 | 2312.303 | BR |
| 11/16-12/21 | Sa | 1-2 p.m.       | \$28/\$38 | 2312.304 | BR |
| 11/16-12/21 | Sa | 2-3 p.m.       | \$28/\$38 | 2312.305 | BR |

## Intermediate Gymnastics

### Ages 6-17

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

|             |    |             |           |          |    |
|-------------|----|-------------|-----------|----------|----|
| 9/9-10/21   | M  | 6-7:30 p.m. | \$40/\$50 | 2321.301 | BR |
| 9/11-10/23  | W  | 6-7:30 p.m. | \$40/\$50 | 2321.302 | BR |
| 9/14-10/26  | Sa | 2-3:30 p.m. | \$40/\$50 | 2321.303 | BR |
| 11/11-12/16 | M  | 6-7:30 p.m. | \$35/\$45 | 2322.301 | BR |
| 11/13-12/18 | W  | 6-7:30 p.m. | \$35/\$45 | 2322.302 | BR |
| 11/16-12/21 | Sa | 2-3:30 p.m. | \$35/\$45 | 2322.303 | BR |

## Pre-Team

### Ages 6-17

This pre-competitive program is designed to prepare gymnasts for competition. Participants will learn how to perform back walkovers, cartwheels on beam, and proper technique for a handspring vault. After mastering skills,



participants will memorize combinations to form routines. Must have instructor approval to register.

|             |    |                |           |          |    |
|-------------|----|----------------|-----------|----------|----|
| 9/13-10/25  | F  | 5:30-7:30 p.m. | \$50/\$60 | 2441.301 | BR |
| 9/14-10/26  | Sa | 2-4 p.m.       | \$50/\$60 | 2441.302 | BR |
| 11/15-12/20 | F  | 5:30-7:30 p.m. | \$43/\$53 | 2442.301 | BR |
| 11/16-12/21 | Sa | 2-4 p.m.       | \$43/\$53 | 2442.302 | 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.

|             |   |               |           |          |    |
|-------------|---|---------------|-----------|----------|----|
| 9/13-10/25  | F | 4:30-5:30p.m. | \$32/\$42 | 2351.301 | BR |
| 9/13-10/25  | F | 4:30-5:30p.m. | \$32/\$42 | 2351.302 | BR |
| 11/15-12/20 | F | 4:30-5:30p.m. | \$28/\$38 | 2352.301 | BR |
| 11/15-12/20 | F | 4:30-5:30p.m. | \$28/\$38 | 2352.302 | BR |

## Boys Advanced

### Ages 6-17

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

|             |   |                |           |          |    |
|-------------|---|----------------|-----------|----------|----|
| 9/11-10/23  | W | 7:30-9:30 p.m. | \$47/\$57 | 2361.301 | BR |
| 9/13-10/25  | F | 5:30-7:30 p.m. | \$47/\$57 | 2361.302 | BR |
| 11/13-12/18 | W | 7:30-9:30 p.m. | \$41/\$51 | 2362.301 | BR |
| 11/15-12/20 | F | 5:30-7:30 p.m. | \$41/\$51 | 2362.302 | BR |

## CARA TEAMS

CARA (Colorado Association of Recreational Athletics) teams offer the chance to compete in gymnastics. Registration for all CARA team-level programs starts August 6 for residents and August 8 for non-residents. There is an additional \$10 charge to register for classes within one week of the start date. To enjoy the fees listed below, register early.

CARA Girls Gymnastics Team (changed this section so the description is only listed once; in FA23, Compulsory and Optionals had the same description for each program)

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.

## CARA Girls Team - Compulsory Level 3 and 4

### Ages 6-17

|            |       |          |             |          |    |
|------------|-------|----------|-------------|----------|----|
| 9/3-9/26   | Tu/Th | 5-7 p.m. | \$127/\$137 | 2401.301 | BR |
| 10/1-10/29 | Tu/Th | 5-7 p.m. | \$142/\$152 | 2402.301 | BR |
| 11/5-11/26 | Tu/Th | 5-7 p.m. | \$112/\$122 | 2403.301 | BR |
| 12/3-12/19 | Tu/Th | 5-7 p.m. | \$96/\$106  | 2404.301 | BR |

## CARA Girls Team - Optional Levels

### Ages 6-17

|            |       |             |             |          |    |
|------------|-------|-------------|-------------|----------|----|
| 9/3-9/26   | Tu/Th | 7-9:30 p.m. | \$141/\$151 | 2411.301 | BR |
| 10/1-10/29 | Tu/Th | 7-9:30 p.m. | \$158/\$168 | 2412.301 | BR |
| 11/5-11/26 | Tu/Th | 7-9:30 p.m. | \$124/\$134 | 2413.301 | BR |
| 12/3-12/19 | Tu/Th | 7-9:30 p.m. | \$107/\$117 | 2414.301 | 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





# ADAPTIVE: S.O.A.R.

## Family Farm Day

**Ages 6 & up**

We will visit Giggling Farm for a hands on experience. You can either just enjoy visiting and looking at the animals or be hands on interacting with the animals, grooming and petting the animals. You will be able to collect eggs from the chickens and we will end with a craft.

|      |    |                  |           |          |    |
|------|----|------------------|-----------|----------|----|
| 8/17 | Sa | 9 a.m. – 12 p.m. | \$15/\$20 | 7501.301 | EP |
|------|----|------------------|-----------|----------|----|

## Family Botanical Garden

**Ages 6 & up**

We will visit the Denver Botanical garden for a guided tour to their sensory garden and end with crafts.

|       |    |                |         |          |    |
|-------|----|----------------|---------|----------|----|
| 10/12 | Sa | 10 a.m.-2 p.m. | \$5/\$7 | 7502.301 | EP |
|-------|----|----------------|---------|----------|----|

## Slime Making

**Ages 6-11**

Come join us to make slime. We will be experimenting with different recipes. You will be able to take slime home with you.

|      |    |               |         |          |    |
|------|----|---------------|---------|----------|----|
| 11/7 | Th | 5 – 6:30 p.m. | \$3/\$5 | 7503.301 | EP |
|------|----|---------------|---------|----------|----|

## Pizza making

**Ages 8-15**

Come and make a pizza from scratch. Enjoy creating your own special pizza.

|      |    |            |         |          |    |
|------|----|------------|---------|----------|----|
| 12/3 | Tu | 5 – 7 p.m. | \$3/\$5 | 7504.301 | EP |
|------|----|------------|---------|----------|----|

## 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](mailto: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**

|             |    |             |           |          |    |
|-------------|----|-------------|-----------|----------|----|
| 9/21-10/19  | Sa | 8-8:25 a.m. | \$10/\$14 | 6701.301 | EP |
| 10/26-11/23 | Sa | 8-8:25 a.m. | \$10/\$14 | 6702.301 | EP |
| 11/30-12/28 | Sa | 8-8:25 a.m. | \$10/\$14 | 6703.301 | EP |

**Ages 8-14**

|             |    |                |           |          |    |
|-------------|----|----------------|-----------|----------|----|
| 9/21-10/19  | Sa | 8:30-8:55 a.m. | \$10/\$14 | 6701.302 | EP |
| 10/26-11/23 | Sa | 8:30-8:55 a.m. | \$10/\$14 | 6702.302 | EP |
| 11/30-12/28 | Sa | 8:30-8:55 a.m. | \$10/\$14 | 6703.302 | EP |

## Adaptive Gymnastics

**Ages 4-17**

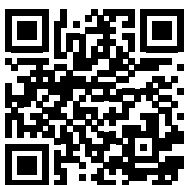
Adaptive Gymnastics are part of Commerce City's SOAR (Special Opportunities in Adaptive Recreation) Program. This program allows children with disabilities to participate in the sport of gymnastics.

|            |    |             |           |          |    |
|------------|----|-------------|-----------|----------|----|
| 9/14-10/19 | Sa | 4-4:45 p.m. | \$27/\$37 | 2601.301 | BR |
| 11/9-12/14 | Sa | 4-4:45 p.m. | \$27/\$37 | 2602.301 | BR |





# PARKS & TRAILS



[recreation.c3gov.com/parks-trails](https://recreation.c3gov.com/parks-trails)

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

## 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](https://c3gov.com/parkrules).

For more information on the Park Ranger program, visit our webpage at [c3gov.com/parks-trails/park-rangers](https://c3gov.com/parks-trails/park-rangers).



# PARKS & TRAILS

|                    |   | COMMERCE CITY PARK AMENITIES |             |        |            |            |              |              |                |                |                |            |             |           |          |         |           |
|--------------------|---|------------------------------|-------------|--------|------------|------------|--------------|--------------|----------------|----------------|----------------|------------|-------------|-----------|----------|---------|-----------|
|                    |   | Skate Park                   | Sprayground | Futsal | Volleyball | Basketball | Multipurpose | Soccer Field | Football Field | Softball Field | Baseball Field | Playground | Picnic Area | BBQ Grill | Restroom | Shelter | Disc Golf |
| COMMUNITY PARKS    | VETERANS MEMORIAL PARK<br>6015 Forest Dr.   |                              |             |        |            |            |              |              |                |                |                | ✓          | ✓           | ✓         | ✓        | ✓       |           |
|                    | FAIRFAX PARK<br>6850 Fairfax Dr.            |                              |             | ✓      |            | ✓          | ✓            | ✓            | ✓              | ✓              | ✓              | ✓          | ✓           | ✓         | ✓        | ✓       |           |
|                    | MONACO PARK<br>5790 Monaco St.              |                              |             |        | ✓          | ✓          |              |              |                |                |                | ✓          | ✓           | ✓         | ✓        | ✓       |           |
|                    | PIONEER PARK<br>5950 Holly St.              | ✓                            | ✓           |        |            | ✓          | ✓            | ✓            | ✓              | ✓              | ✓              | ✓          | ✓           | ✓         | ✓        | ✓       |           |
| NEIGHBORHOOD PARKS | FREEDOM PARK<br>6330 Oneida St.             |                              |             |        |            |            |              |              |                |                |                | ✓          | ✓           | ✓         | ✓        | ✓       |           |
|                    | FRONTERRA PARK<br>10020 Joplin St.          | ✓                            |             |        |            | ✓          | ✓            |              |                |                |                | ✓          | ✓           | ✓         | ✓        | ✓       | ✓         |
|                    | FIRST CREEK DOG PARK<br>10100 Havana St.    |                              |             |        |            |            |              |              |                |                |                |            |             |           | ✓        |         |           |
|                    | LOS VALIENTES PARK<br>7300 Magnolia St.     |                              |             |        |            |            |              |              |                |                |                | ✓          | ✓           | ✓         | ✓        | ✓       |           |
|                    | RIVER RUN PARK<br>11515 Oswego St.          |                              |             |        | ✓          |            | ✓            |              |                | ✓              | ✓              | ✓          | ✓           | ✓         | ✓        | ✓       |           |
|                    | STAMPEDE PARK<br>11755 Fairplay St.         |                              |             |        |            |            | ✓            |              |                |                |                | ✓          | ✓           | ✓         | ✓        | ✓       |           |
|                    | TURNBERRY PARK<br>10725 Wheeling St.        | ✓                            |             |        |            | ✓          | ✓            | ✓            | ✓              | ✓              | ✓              | ✓          | ✓           | ✓         | ✓        | ✓       |           |
|                    | VILLAGES EAST PARK<br>11698 Chambers Rd.    |                              |             |        |            | ✓          | ✓            | ✓            | ✓              | ✓              | ✓              | ✓          | ✓           | ✓         | ✓        | ✓       |           |
| POCKET PARKS       | GIFFORD PARK<br>6120 Monaco St.             |                              |             |        |            |            |              |              |                |                |                | ✓          | ✓           |           |          | ✓       |           |
|                    | JOE REILLY PARK<br>6401 E. 72nd Pl.         |                              |             |        |            |            |              |              |                |                |                |            | ✓           |           |          |         |           |
|                    | LEYDEN PARK<br>5430 Leyden St.              |                              |             |        |            |            |              |              |                |                |                | ✓          | ✓           |           |          | ✓       |           |
|                    | MONACO VISTA<br>6250 Monaco St.             |                              |             |        |            | ✓          |              |              |                |                |                | ✓          |             |           |          |         |           |
|                    | OLIVE PARK<br>6275 Olive St.                |                              |             |        |            |            |              |              |                |                |                | ✓          | ✓           | ✓         |          | ✓       |           |
|                    | ROSE HILL GRANGE PARK<br>4051 E. 68th Ave.  |                              |             |        |            |            |              |              |                |                |                |            | ✓           | ✓         | ✓        | ✓       |           |
|                    | ADAMS HEIGHTS PARK<br>6625 Brighton Blvd.   |                              |             |        |            |            |              |              |                |                |                | ✓          | ✓           |           |          |         |           |
|                    | URQUIDEZ-CENTENNIAL PARK<br>7735 Monaco St. |                              |             |        |            |            |              |              |                |                |                | ✓          | ✓           |           |          | ✓       |           |

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





# YOUTH SPORTS

DEVELOP TEAMWORK, LEARN SPORTSMANSHIP  
BUILD FRIENDSHIPS AND GET ACTIVE!

## FALL YOUTH SPORTS PROGRAMS

### Youth Volleyball

**Grades: 2-4 | 5-6 | 7-8**

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

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|                    |                 |                  |
|--------------------|-----------------|------------------|
| <b>Grades: 2-4</b> | <b>5201.301</b> | <b>\$60/\$70</b> |
|--------------------|-----------------|------------------|

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|                    |                 |                  |
|--------------------|-----------------|------------------|
| <b>Grades: 5-6</b> | <b>5201.301</b> | <b>\$60/\$70</b> |
|--------------------|-----------------|------------------|

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|                    |                 |                  |
|--------------------|-----------------|------------------|
| <b>Grades: 7-8</b> | <b>5201.302</b> | <b>\$65/\$75</b> |
|--------------------|-----------------|------------------|

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- Registration Deadline: 8/23
- Start Date: Week of 8/26
- Late fee of \$15 for registrations after deadline

### 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.

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|                    |                  |                 |
|--------------------|------------------|-----------------|
| <b>Grades: K-1</b> | <b>\$55/\$65</b> | <b>5401.301</b> |
|--------------------|------------------|-----------------|

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

**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 twice a week (to be determined by coach) and one game a week.

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|                   |                  |                 |
|-------------------|------------------|-----------------|
| <b>Grades 2-3</b> | <b>\$55/\$65</b> | <b>5401.302</b> |
|-------------------|------------------|-----------------|

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



# YOUTH SPORTS

## WINTER YOUTH SPORTS PROGRAMS

### Youth Basketball

Our kinder and 1-2 grades youth basketball program will be going through some changes. In attempt to improve our program we will be moving the kinder and 1-2 grades youth basketball program to the fall. In 2025 we will be offering a winter program and a fall program for kinder and 1-2 grades, but no winter program in 2026. Registration for our fall kinder and 1-2 grades program will open in August 2025. Registration for the 3-4 and 5-6 grade divisions will continue to open in November. More information will be provided to our families as we finalize our program improvements.

### JUNIOR NUGGETS

Hoop it up with Commerce City and the Denver Nuggets in 2025! All participants will receive a Denver Nuggets jersey and one free ticket to see a Denver Nuggets game at Ball Arena.

#### DIVISION I (Coed Clinic)

##### Kindergarten

Introduce children to the basic skills of basketball with this beginner program. Participants focus on dribbling, passing, shooting and defensive fundamentals during this weekly clinic. There are no scheduled league games for this program; it is primarily an instructional program. Practice will start the week of January 13.

**Registration: 11/5-12/8** **\$60/\$70** **5001.101**

#### DIVISION II (Coed League Play)

##### Grades 1-2

Increase skills and ability on the court through instruction and league play. Develop the fundamentals of dribbling, passing and shooting. Participants meet once a week for practice (day/time determined by coach) and games are Saturday mornings at the Bison Ridge Recreation Center. Practice will start the week of January 6. Additional information can be found on [teamsideline.com/commercecity](https://teamsideline.com/commercecity).

**Registration: 11/1-12/6** **\$75/\$85** **5001.102**

#### DIVISION III & IV (Separate Boys and Girls Leagues)

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

**Division III – Grades 3-4** **\$85/\$95** **5001.103 (Boys)**

**Division III – Grades 3-4** **\$85/\$95** **5001.104 (Girls)**

**Division IV – Grades 5-6** **\$85/\$95** **5001.105 (Boys)**

**Division IV – Grades 5-6** **\$85/\$95** **5001.106 (Girls)**

- Practice will start the week of January 6
- Registration: 11/1-12/8

### BASKETBALL “WARM UP” CAMPS

Get ready for the 2025 basketball season! Practice your shooting, dribbling, passing, and more during this two-day mini-camp. Camp will be structured as a supervised, drop in, lightly instructed learn and play opportunity for youth ages 8-13. All participants receive a basketball. Camp will be located at the Bison Ridge Recreation Center.

#### Ages: 8-10 year olds

**12/26-12/27** **Th, F** **8:30-10:00 a.m.** **\$40/\$50** **5501.103**

#### Ages: 11-13 year olds

**12/26-12/27** **Th, F** **10:30 a.m.-Noon** **\$40/\$50** **5501.104**

Registration: 11/1-12/6

## WEATHER HOTLINE

Please call after 5 p.m. 303-289-3757 or visit [teamsideline.com/commercecity](https://teamsideline.com/commercecity)





**\$1.75**

15 pitches



## BATTING CAGES AT PIONEER PARK

*Warm up for your next game, practice your swing, or have fun with friends. The batting cages at Pioneer Park (5902 Holly St.) have seven lighted cages with dual pitching machines that provide various speeds for baseball and softball.*

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

### Fall Hours\*

**8/4-10/6**

M-F • 4-8 p.m.

Sa-Su • Noon-5 p.m.

### Spring Hours\*

**4/26-5/25**

M-F • 4-8 p.m.

Sa - Su • Noon-5 p.m.

**FOR MORE INFORMATION VISIT [C3GOV.COM/RECREATION](https://c3gov.com/recreation)**



# YOUTH SPORTS

## Our Youth Sports Philosophy

**It is our objective to give children an opportunity to participate in youth sports and ensure a positive experience and an equal amount of playing time.**

**Please visit [c3gov.com/sports](https://c3gov.com/sports) to register or 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. Please visit [c3gov.com/sports](https://c3gov.com/sports) and complete interest form.

Apply here:



## 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](mailto:cc_raider@msn.com)
- Lady Raiders Cheerleading Squad (Fall)
  - Sonia Montez – 303.523.2281 or [ccyacheer@hotmail.com](mailto:ccyacheer@hotmail.com)
- Girls' Softball (Spring)
  - Denise Kaza – 720.434.6559 or [dcd204@msn.com](mailto:dcd204@msn.com)

### Adams City Wrestling Club

- Tim Lucero – 970-381-5020
- [Adamscityyouthwrestling@gmail.com](mailto:Adamscityyouthwrestling@gmail.com)
- [elena.adamscity@yahoo.com](mailto:elena.adamscity@yahoo.com)

### Bison Lacrosse Club (Spring/Summer/Fall)

- [bisonlaxclub.com](http://bisonlaxclub.com)
- 303-668-0542
- [info@bisonlaxclub.com](mailto:info@bisonlaxclub.com)

### Ravens Youth Football Organization – Pop Warner (Fall)

- [ravensyouthfootball.com](http://ravensyouthfootball.com)
- Bennie Gallegos 303-288-1768
- [bgallegos15416@gmail.com](mailto:bgallegos15416@gmail.com)



# 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 |
|----------------------------------|----------------|---------------|-------------|
| <b>Winter Basketball</b>         | December       | January       | March       |
| <b>Winter Volleyball</b>         | December       | January       | March       |
| <b>Summer Softball</b>           | March          | May           | July        |
| <b>Summer Outdoor Volleyball</b> | April          | June          | August      |
| <b>Summer Basketball</b>         | June           | July          | September   |
| <b>Fall Softball</b>             | 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

### Bison Ridge – Gym #3

- Tuesday–Friday, 5:30 a.m.–noon
- Sunday, 8:30 a.m.–noon

## Drop-in Volleyball

### Bison Ridge – Gym #3

- Monday, 7:30–9:30 p.m.
- Sunday, 12:30–5:30 p.m.

### Eagle Pointe – Gym #3

- Friday, 7–9:30 p.m.

## 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 17, 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 17, 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)





# SPORTS FACILITIES

## Fall Futsal League – Men’s

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

## Leagues starting in January at Bison Ridge

- Men’s Adult Basketball League – Wednesday nights
- Coed Volleyball League – Monday nights

## 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

#### Fees

- \$1.75 – token for 15 pitches
- \$15 – special price good for 10 tokens
- \$30 per half hour (per stall)
- \$50 per hour (per stall)

#### Spring hours, 4/6-5/25

- M-F, 4-8 p.m.
- Sa-Su, noon-5 p.m.

#### Summer hours, 5/26-8/3

- M-F, 3-8:30 p.m.
- Sa-Su, Noon-8 p.m.

#### Fall hours, 8/4-10/6

- M-F, 4-8 p.m.
- Sa-Su, Noon-5 p.m.

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

#### Safety equipment

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

## Tennis Courts

Two tennis courts are available for public use after school hours and on weekends.

Please note that school programs have the first priority use of the courts.

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

## Athletic Facility Rentals

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

#### Pioneer Park, 5902 Holly St.

Four multipurpose baseball/softball fields with lights (Game fields, w/limited practices). Batting cages on site.

#### Fairfax Park, 6850 Fairfax St.

Three multipurpose baseball/softball fields (Game or practice fields)

#### Municipal Services Center, 8602 Rosemary St.

Two multipurpose football/soccer fields (Game fields)

#### Fronterra Park, 10020 Joplin St.

Three multipurpose football/soccer fields (Practice fields)

#### River Run Park, 11515 Oswego St.

Two multipurpose Football/Soccer Fields (Practice fields)

#### Monaco Park, 5790 Monaco St.

Two outdoor and volleyball sand courts with lights

#### Turnberry Park, 10725 Wheeling St.

Three Multipurpose football/soccer fields (Practice Fields)

#### Villages East Park, 11698 Chambers Rd.

One multipurpose baseball/softball field (Practice field).







# YOUTH SERVICES

## 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! Different themes and activities each month. All classes are interactive and hands-on fun!

|            |                  |             |          |    |
|------------|------------------|-------------|----------|----|
| 9/3-9/26   | Tu,W,Th 2-4 p.m. | \$120/\$160 | 7151.301 | BR |
| 10/8-10/31 | Tu,W,Th 2-4 p.m. | \$120/\$160 | 7152.301 | BR |
| 11/5-11/21 | Tu,W,Th 2-4 p.m. | \$90/\$120  | 7153.301 | BR |
| 12/3-12/19 | Tu,W,Th 2-4 p.m. | \$90/\$120  | 7154.301 | BR |

### Junior Jam

#### Ages 3-5

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

#### Swimming in the Fall

|      |   |             |           |          |    |
|------|---|-------------|-----------|----------|----|
| 9/13 | F | 6-8:30 p.m. | \$15/\$20 | 7171.301 | BR |
|------|---|-------------|-----------|----------|----|

#### Candy Corn & Coloring

|       |   |             |           |          |    |
|-------|---|-------------|-----------|----------|----|
| 10/11 | F | 6-8:30 p.m. | \$15/\$20 | 7172.301 | BR |
|-------|---|-------------|-----------|----------|----|

#### No Tricks, Just Treats

|       |   |             |           |          |    |
|-------|---|-------------|-----------|----------|----|
| 10/25 | F | 6-8:30 p.m. | \$15/\$20 | 7172.302 | BR |
|-------|---|-------------|-----------|----------|----|

#### Thankful Hearts

|       |   |             |           |          |    |
|-------|---|-------------|-----------|----------|----|
| 11/15 | F | 6-8:30 p.m. | \$15/\$20 | 7173.301 | BR |
|-------|---|-------------|-----------|----------|----|

#### Snowflakes & Swimming

|       |   |             |           |          |    |
|-------|---|-------------|-----------|----------|----|
| 12/13 | F | 6-8:30 p.m. | \$15/\$20 | 7174.301 | BR |
|-------|---|-------------|-----------|----------|----|

### Amazing Athletes

#### Ages 3-6

Amazing Athletes is the premier year-round developmental physical fitness program empowering children to reach developmental milestones at an individual pace. Classes include: 10 multi-sports, motor skills, body discovery, nutrition and muscle identification.

|              |    |             |           |          |    |
|--------------|----|-------------|-----------|----------|----|
| 9/5-9/26     | Th | 1-1:45 p.m. | \$70/\$75 | 7161.301 | BR |
| 10/3-10/24   | Th | 1-1:45 p.m. | \$70/\$75 | 7162.301 | BR |
| 11/7-11/21   | Th | 1-1:45 p.m. | \$52/\$56 | 7163.301 | BR |
| 12/5, 12/19* | Th | 1-1:45 p.m. | \$35/\$39 | 7164.301 | BR |

\*No class on 12/12

### Amazing Tots

#### Ages 18 mos-2.5 yrs

Amazing Tots is a guided, discovery-based program helping children engage in structured physical activities tailored specifically to toddlers. Imaginative fitness activities include:

5 multi-sports, color recognition, shape classification, letter identification, and action vocabulary experiences.

|              |    |             |           |          |    |
|--------------|----|-------------|-----------|----------|----|
| 9/5-9/26     | Th | 2-2:30 p.m. | \$60/\$65 | 7161.302 | BR |
| 10/3-10/24   | Th | 2-2:30 p.m. | \$60/\$65 | 7162.302 | BR |
| 11/7-11/21   | Th | 2-2:30 p.m. | \$45/\$48 | 7163.302 | BR |
| 12/5, 12/19* | Th | 2-2:30 p.m. | \$30/\$34 | 7164.302 | BR |

\*No class on 12/12

### Kids Corner - NEW

#### Ages 3-5

Our Kids Corner programs allow participants to create new experiences by being creative, discovering their passions, and practicing their natural gifts with our programs.

#### Monday Session

|            |   |               |           |          |    |
|------------|---|---------------|-----------|----------|----|
| 9/9-9/23   | M | 10-10:45 a.m. | \$20/\$25 | 7181.301 | BR |
| 10/7-10/21 | M | 10-10:45 a.m. | \$20/\$25 | 7182.301 | BR |
| 11/4-11/18 | M | 10-10:45 a.m. | \$20/\$25 | 7183.301 | BR |
| 12/2-12/16 | M | 10-10:45 a.m. | \$20/\$25 | 7184.301 | BR |

#### Wednesday Session

|            |   |               |           |          |    |
|------------|---|---------------|-----------|----------|----|
| 10/2-10/16 | W | 10-10:45 a.m. | \$20/\$25 | 7102.301 | EP |
| 11/6-11/20 | W | 10-10:45 a.m. | \$20/\$25 | 7103.301 | EP |
| 12/4-12/28 | W | 10-10:45 a.m. | \$20/\$25 | 7104.301 | EP |

### Tiny Chefs - NEW

#### Ages 3-5

Stir up some fun with a short storytime followed by cooking up a yummy snack.

|      |    |               |          |          |    |
|------|----|---------------|----------|----------|----|
| 10/3 | Th | 10-10:45 a.m. | \$8/\$12 | 7112.302 | EP |
| 11/7 | Th | 10-10:45 a.m. | \$8/\$12 | 7113.302 | EP |
| 12/5 | Th | 10-10:45 a.m. | \$8/\$12 | 7114.302 | EP |

### Parent/Tot Classes

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

Create music, art and fun together. Please note that the Monday session meets at Bison Ridge, and the Wednesday session will meet at Eagle Pointe.

#### Monday Session

|            |   |             |           |          |    |
|------------|---|-------------|-----------|----------|----|
| 9/9-9/25   | M | 9-9:45 a.m. | \$25/\$30 | 7185.301 | BR |
| 10/7-10/21 | M | 9-9:45 a.m. | \$25/\$30 | 7186.301 | BR |
| 11/4-11/18 | M | 9-9:45 a.m. | \$25/\$30 | 7187.301 | BR |
| 12/2-12/16 | M | 9-9:45 a.m. | \$25/\$30 | 7187.301 | BR |

#### Wednesday Session

|            |   |             |           |          |    |
|------------|---|-------------|-----------|----------|----|
| 10/1-10/15 | W | 9-9:45 a.m. | \$25/\$30 | 7112.301 | EP |
| 11/5-11/19 | W | 9-9:45 a.m. | \$25/\$30 | 7113.301 | EP |
| 12/3-12/17 | W | 9-9:45 a.m. | \$25/\$30 | 7114.301 | EP |



# YOUTH SERVICES

## Little Sparks – NEW

### Ages 3–5

Each Friday we will have a different type of enrichment classes for your tot.

**Tiny Chefs** – Stir up some fun with a short Storytime followed by cooking up a yummy snack.

**Book Buddies** – We'll read a book with friends and have a tasty snack.

**Kiddo Lab** – Let's get messy and create!

|            |   |               |           |          |    |
|------------|---|---------------|-----------|----------|----|
| 9/6–9/20   | F | 10–10:45 a.m. | \$20/\$25 | 7191.301 | BR |
| 10/4–10/18 | F | 10–10:45 a.m. | \$20/\$25 | 7192.301 | BR |
| 11/1–11/15 | F | 10–10:45 a.m. | \$20/\$25 | 7193.301 | BR |
| 12/6–12/20 | F | 10–10:45 a.m. | \$20/\$25 | 7194.301 | BR |

## FAMILY PROGRAMS

### Female Self-Defense

#### Ages 15 & up

There's no confidence like "self-defense" confidence. Professionals from DCO MMA & Fitness will be instructing the class with basics self-defense skills and situational awareness at both recreation centers.

|       |   |                |           |          |    |
|-------|---|----------------|-----------|----------|----|
| 9/16  | M | 5:30–6:30 p.m. | \$10/\$15 | 7911.302 | EP |
| 10/21 | M | 5:30–6:30 p.m. | \$10/\$15 | 7912.301 | BR |
| 11/18 | M | 5:30–6:30 p.m. | \$10/\$15 | 7913.302 | EP |
| 12/16 | M | 5:30–6:30 p.m. | \$10/\$15 | 7914.301 | BR |

### Grandparents Day Pancake Breakfast

#### Ages 2 & 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. Come make some memories and spend quality time together with all the special "Grands" you love.

\*Please register every participant – 2 and under are free

|     |    |           |           |          |    |
|-----|----|-----------|-----------|----------|----|
| 9/7 | Sa | 9–11 a.m. | \$12/\$14 | 7071.301 | BR |
|-----|----|-----------|-----------|----------|----|

### Parenting for Success: The Courageous Parents Framework

#### Ages 18 & up

In this four-week course, parenting coach and educator Dr. Chrissy Chard will guide parents through the latest in child development, emotion regulation and effective communication skills. Leave with a set of tools and strategies you can apply in your family life right away.

Note: this class is recommended for parents and caregivers of children ages 2–14.

|           |   |                |                  |          |    |
|-----------|---|----------------|------------------|----------|----|
| 9/10–10/1 | T | 6:30–7:45 p.m. | \$40/\$48/family | 7091.301 | BR |
|-----------|---|----------------|------------------|----------|----|

### Navigating Parenthood with Confidence: A Workshop for Dads – NEW

#### Ages 18 & up

Join parenting coach Dr. Chrissy Chard and her husband and Fatherhood Book Author, Ray Chard, in this engaging workshop just for dads. From navigating different parenting styles, to strategies for communication and play, gain practical insights and support to confidently navigate the joys and challenges of raising children. Dinner provided!

Note: this class is recommended for parents and caregivers of children ages 2–14.

|       |   |                |           |          |    |
|-------|---|----------------|-----------|----------|----|
| 11/12 | T | 6:30–7:45 p.m. | \$15/\$20 | 7092.301 | BR |
|-------|---|----------------|-----------|----------|----|

### Family American Sign Language

#### Ages 6 months & up

This class is designed for families with young children who want to learn American Sign Language (ASL) in a fun and interactive environment. Families will learn basic ASL signs for everyday words and phrases through popular children's songs and stories. Price is per family. Please only register one person.

|       |    |            |           |          |    |
|-------|----|------------|-----------|----------|----|
| 9/28  | Sa | 10–11 a.m. | \$10/\$15 | 7061.301 | BR |
| 10/19 | Sa | 10–11 a.m. | \$10/\$15 | 7062.301 | BR |
| 11/16 | Sa | 10–11 a.m. | \$10/\$15 | 7063.301 | BR |

### Family Cookie Decorating with The Sugared Canvas

#### Ages 7 & up with adult

Learn how to decorate sugar cookies with royal icing! Each class will highlight a new theme of sugar cookies with instructions by Elle and Allie from The Sugared Canvas. This is an entry-level cookie decorating event. Each group is supplied with cookies, icing, decorating guides, and tools. This class is less structured and ideal for younger participants or groups looking to socialize or chat with friends.

#### Veggie Tray

|     |    |                 |            |          |    |
|-----|----|-----------------|------------|----------|----|
| 9/1 | Su | 10:30 a.m.–noon | \$15/\$20* | 7064.301 | BR |
|-----|----|-----------------|------------|----------|----|

#### Spooky Sweets

|       |    |                 |            |          |    |
|-------|----|-----------------|------------|----------|----|
| 10/20 | Su | 10:30 a.m.–noon | \$15/\$20* | 7065.301 | BR |
|-------|----|-----------------|------------|----------|----|

#### Ugly Sweaters

|       |    |                 |            |          |    |
|-------|----|-----------------|------------|----------|----|
| 11/17 | Su | 10:30 a.m.–noon | \$15/\$20* | 7066.301 | BR |
|-------|----|-----------------|------------|----------|----|

#### Grinch

|      |    |                 |            |          |    |
|------|----|-----------------|------------|----------|----|
| 12/8 | Su | 10:30 a.m.–noon | \$15/\$20* | 7067.301 | BR |
|------|----|-----------------|------------|----------|----|

\*Price is per participant. Please register each participant separately.



## Family Fun Fridays

### Ages 4 & up with adult

Spend quality time laughing, playing and learning with your family. Please register each family member per class.

|                                  |   |             |           |          |    |
|----------------------------------|---|-------------|-----------|----------|----|
| <b>Art</b>                       |   |             |           |          |    |
| 9/6                              | F | 6-7:30 p.m. | \$10/\$15 | 7081.301 | BR |
| <b>Crocheting 101</b>            |   |             |           |          |    |
| 9/20                             | F | 6-7:30 p.m. | \$10/\$15 | 7031.301 | EP |
| <b>Halloween Bingo</b>           |   |             |           |          |    |
| 10/18                            | F | 6-7:30 p.m. | \$10/\$15 | 7082.301 | BR |
| <b>Gallery on the Go</b>         |   |             |           |          |    |
| 11/22                            | F | 6-7:30 p.m. | \$10/\$15 | 7032.301 | EP |
| <b>Holiday Cookie Decorating</b> |   |             |           |          |    |
| 12/20                            | F | 6-7:30 p.m. | \$10/\$15 | 7083.301 | BR |

### \*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 - Sweet Child of Mine Dance: Under the Night Sky

#### Ages 4 & up with adult female role model

We are over the moon for this new event! Sweet Child of Mine Dance welcomes moms and mother-figures and children ages 4 & up to join us for a very starry night of music, dancing, crafts, and more.

|      |   |          |            |          |    |
|------|---|----------|------------|----------|----|
| 11/8 | F | 6-9 p.m. | \$15/\$18* | 7073.301 | BR |
|------|---|----------|------------|----------|----|

\*Price is per participant. Please register each participant separately.

### \*NEW - Welcome to Whoville

#### Ages 3 & up with adult

Christmas lights, presents, and all the cheer! There is no place like Whoville around Christmas time this year. Come enjoy treats, crafts and a movie with your loved ones. Price is per person.

|      |   |          |             |          |    |
|------|---|----------|-------------|----------|----|
| 12/6 | F | 6-9 p.m. | \$10/\$15ea | 7072.301 | BR |
|------|---|----------|-------------|----------|----|

## Fall Scavenger Hunt

### All Ages

Create a team and explore your way through Commerce City by completing challenges in our 5th Annual Fall Scavenger Hunt. Explore the city, make memories, and win prizes. Please register one participant per team. Prizes available for pick up

from 10/29 - 10/31 at Eagle Pointe Rec Center in the Teen Room during Drop-In hours of 5:30-8:30 p.m.

|            |                  |          |    |
|------------|------------------|----------|----|
| 9/23-10/27 | \$5/\$7 per team | 7701.301 | EP |
|------------|------------------|----------|----|

## Family Night Out

### Ages 4 & up with adult

Grab your family for a night out at Boondocks\* Fun Center! Transportation to and from Eagle Pointe Rec Center and pizza dinner is included. Price is per person; register each participant separately.

|       |   |                |             |          |    |
|-------|---|----------------|-------------|----------|----|
| 10/11 | F | 5:30-9:30 p.m. | \$20/\$25ea | 7033.301 | EP |
|-------|---|----------------|-------------|----------|----|

\*Some attractions may have weight/height requirements.

## Creative Cakes

### Ages 8 & up with adult

Learn the basics of cake decorating. We teach basic piping techniques, how to roll and cut fondant, and cake design. Price is per person; register each participant separately.

|      |    |             |           |          |    |
|------|----|-------------|-----------|----------|----|
| 11/9 | Sa | 9 a.m.-noon | \$20/\$25 | 7051.301 | BR |
|------|----|-------------|-----------|----------|----|

|       |    |             |           |          |    |
|-------|----|-------------|-----------|----------|----|
| 12/14 | Sa | 9 a.m.-noon | \$20/\$25 | 7001.301 | EP |
|-------|----|-------------|-----------|----------|----|

## Family Paint Party with Gallery on the Go

### Ages 6 & up

Discover your artistic side together as a family with an evening of painting and fun hosted by Gallery on the Go! Canvases, paint materials, and instruction are all provided. Create a masterpiece with your loved one that you will be able to take home and cherish.

|       |   |                |           |          |    |
|-------|---|----------------|-----------|----------|----|
| 12/10 | T | 5:30-7:30 p.m. | \$12/\$14 | 7068.301 | BR |
|-------|---|----------------|-----------|----------|----|

## Noon Year's Eve

### Ages 3-12 with adult

Countdown to Noon Year's Eve with your friends and family! Beat the clock with Minute-to-Win-It style games and dip into the New Year with our chip & dip snack bar. Price is per person.

|       |   |                    |         |          |    |
|-------|---|--------------------|---------|----------|----|
| 12/31 | T | 11 a.m.-12:30 p.m. | \$5/\$7 | 7751.301 | BR |
|-------|---|--------------------|---------|----------|----|

## YOUTH SERVICES PROGRAMS

### Social Hub: Bison Ridge

#### Ages 11-17

Drop-in activities including a tech lab, PlayStation, Nintendo Switch, crafts and board games. Runs September - May.

|   |                |      |    |
|---|----------------|------|----|
| M | 5:30-8:30 p.m. | FREE | BR |
|---|----------------|------|----|

\*Social Hub will resume on Monday, September 16.



# YOUTH SERVICES

## Drop In: Eagle Pointe

### Ages 11-17

Drop-in activities including billiards, PS5, XBOX Series X, Nintendo Switch, crafts and board games. Runs September-May.

|           |                |      |    |
|-----------|----------------|------|----|
| Tu, W, Th | 5:30-8:30 p.m. | Free | EP |
|-----------|----------------|------|----|

\*Drop In will resume on Tuesday, September 17.

## KIDZ ONLY

### Ages 6-11

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

#### Swimming in the Fall

|      |   |             |           |          |    |
|------|---|-------------|-----------|----------|----|
| 9/13 | F | 6-8:30 p.m. | \$15/\$20 | 7251.301 | BR |
|------|---|-------------|-----------|----------|----|

#### Candy Corn & Coloring

|       |   |             |           |          |    |
|-------|---|-------------|-----------|----------|----|
| 10/11 | F | 6-8:30 p.m. | \$15/\$20 | 7252.301 | BR |
|-------|---|-------------|-----------|----------|----|

#### No Tricks, Just Treats

|       |   |             |           |          |    |
|-------|---|-------------|-----------|----------|----|
| 10/25 | F | 6-8:30 p.m. | \$15/\$20 | 7252.302 | BR |
|-------|---|-------------|-----------|----------|----|

#### Thankful Hearts

|       |   |             |           |          |    |
|-------|---|-------------|-----------|----------|----|
| 11/15 | F | 6-8:30 p.m. | \$15/\$20 | 7253.301 | BR |
|-------|---|-------------|-----------|----------|----|

#### Snowflakes & Swimming

|       |   |             |           |          |    |
|-------|---|-------------|-----------|----------|----|
| 12/13 | F | 6-8:30 p.m. | \$15/\$20 | 7254.301 | BR |
|-------|---|-------------|-----------|----------|----|

## Teen Social

### Ages 11-17

Grab your friends and come join us for an afternoon of fun-filled activities, game and prizes. All trips include transportation and will depart from the Rec Center listed.

#### Escape Room

Join us for an afternoon filled of mystery, puzzles and solving an escape room!

|      |    |             |           |          |     |
|------|----|-------------|-----------|----------|-----|
| 9/28 | Sa | 1-3:30 p.m. | \$15/\$20 | 7241.301 | EP* |
|------|----|-------------|-----------|----------|-----|

#### Rock Climbing

Come join us for an afternoon of rock climbing at a local climbing gym!

|       |    |             |           |          |     |
|-------|----|-------------|-----------|----------|-----|
| 10/26 | Sa | 1-3:30 p.m. | \$15/\$20 | 7294.301 | BR* |
|-------|----|-------------|-----------|----------|-----|

#### Meow Wolf

Come join us while we get lost in amazement at Meow Wolf!

|       |    |             |           |          |     |
|-------|----|-------------|-----------|----------|-----|
| 11/16 | Sa | 1-3:30 p.m. | \$15/\$20 | 7243.301 | EP* |
|-------|----|-------------|-----------|----------|-----|

## Girls Day In - NEW

### Ages 11-17

Come meet and spend time with some new friends! Enjoy an afternoon of girl talk and some self-care!

#### Self-Care

|      |    |             |           |          |    |
|------|----|-------------|-----------|----------|----|
| 9/29 | Su | 1-3:30 p.m. | \$10/\$15 | 7293.301 | BR |
|------|----|-------------|-----------|----------|----|

## Guys Day In - NEW

### Ages 11-17

Come meet and spend time with some new friends! Enjoy an afternoon of guy talk and fun!

#### Video Game Extravaganza

|       |    |             |           |          |    |
|-------|----|-------------|-----------|----------|----|
| 10/27 | Su | 1-3:30 p.m. | \$10/\$15 | 7142.301 | EP |
|-------|----|-------------|-----------|----------|----|

## Kidz Day Out

### Ages 6-11

Come enjoy a day out without the parents. Join us for Kidz Day Out. We will be going on trips and when we get done, we will come back to the rec center for games, crafts and more. Bring sack lunch for the program.

#### Cheyenne Mountain Zoo

|     |   |               |           |          |    |
|-----|---|---------------|-----------|----------|----|
| 9/9 | M | 9 a.m.-4 p.m. | \$25/\$30 | 7251.201 | BR |
|-----|---|---------------|-----------|----------|----|

#### Trinity Acres Pumpkin Patch

|      |   |               |           |          |    |
|------|---|---------------|-----------|----------|----|
| 10/7 | M | 9 a.m.-4 p.m. | \$25/\$30 | 7251.201 | BR |
|------|---|---------------|-----------|----------|----|

#### DEFY/Swim

|      |   |               |           |          |    |
|------|---|---------------|-----------|----------|----|
| 11/4 | M | 9 a.m.-4 p.m. | \$25/\$30 | 7251.201 | BR |
|------|---|---------------|-----------|----------|----|

#### Slick City/Swim

|      |   |               |           |          |    |
|------|---|---------------|-----------|----------|----|
| 12/9 | M | 9 a.m.-4 p.m. | \$25/\$30 | 7251.201 | BR |
|------|---|---------------|-----------|----------|----|

## The Art Garage: DIY Stuffie

### Ages 6-10

We'll go above and beyond plain old teddy bears as participants create their own unique stuffies! Students will design their own stuffed animal, make and cut their own patterns, then learn how to sew and stuff their own huggable "soft sculptures" and bring them to life with detail and decoration.

|          |   |             |           |          |    |
|----------|---|-------------|-----------|----------|----|
| 9/9-9/30 | M | 1:30-3 p.m. | \$20/\$24 | 7356.301 | BR |
|----------|---|-------------|-----------|----------|----|

## The Art Garage: Me and My Monster

### Ages 6-10

If you had your very own monster, what would it look like? Would it be soft and cuddly or scaly and spiky? Would it be silly and goofy or maybe a little ferocious? In this class artists will design and then create their very own monster pals using large paper bags and a "MONSTERRIFIC" assortment of materials!

|            |   |             |           |          |    |
|------------|---|-------------|-----------|----------|----|
| 11/6-11/20 | W | 4:30-6 p.m. | \$20/\$24 | 7357.301 | BR |
|------------|---|-------------|-----------|----------|----|

## Cookie Decorating for Beginners

### Ages 14 & up

Learn how to decorate sugar cookies with royal icing! Each class will highlight a new theme of sugar cookies with instructions by Elle and Allie from The Sugared Canvas. This is a step-by-step, structured class. Designs will be impactful and easy enough to recreate with no previous experience. Learn





royal icing techniques such as piping, flooding, wet-on-wet designs, and segmenting.

|                      |    |             |           |          |    |
|----------------------|----|-------------|-----------|----------|----|
| 9/19                 | Th | 6:30-8 p.m. | \$15/\$20 | 7375.301 | BR |
| <b>Pumpkin Latte</b> |    |             |           |          |    |
| 10/10                | Th | 6:30-8 p.m. | \$15/\$20 | 7376.301 | BR |
| <b>Fall</b>          |    |             |           |          |    |
| 11/7                 | Th | 6:30-8 p.m. | \$15/\$20 | 7377.301 | BR |

## Dungeons & Dragons Pathfinder Society Pokemon Tabletop Reunited Ages 13-17

Welcome to the Arcaia region. A wild untamed region, you are members of the pokemon league that have come here to establish a gym system. You will find worthy trainers and help settle the region. All is not as it seems though. There is a darkness lurking beneath the surface of Arcaia that threatens to destroy both the region and the entire world. Will you join the cause?

|          |   |                |           |          |    |
|----------|---|----------------|-----------|----------|----|
| 9/4-11/6 | W | 6:30-8:30 p.m. | \$18/\$25 | 7361.301 | BR |
|----------|---|----------------|-----------|----------|----|

## Magic the Gathering: Commander Night Ages 13-17

Join us for a weekly Magic the Gathering Commander game. Whether you are completely new to the game or already have your deck, all experience levels are welcome! We'll play different game styles, talk about deckbuilding strategies, principles of the game, and more! Last class will conclude with a booster draft to bring everything you learned to a full tournament!

|           |   |          |           |          |    |
|-----------|---|----------|-----------|----------|----|
| 9/2-10/21 | M | 1-5 p.m. | \$18/\$25 | 7361.302 | BR |
|-----------|---|----------|-----------|----------|----|

## BOXING

### Ages 11-17

Boxing builds self-confidence and teaches self-discipline. Transportation to and from the gym is provided from Eagle Pointe Recreation Center and Bison Ridge Recreation Center. This class is off-site at DCO MMA & Fitness in Denver. Transportation Provided.

### 5:15 p.m. pick-up at Bison Ridge

|            |    |                |           |          |    |
|------------|----|----------------|-----------|----------|----|
| 9/5-9/26   | Th | 5:15-7:30 p.m. | \$10/\$15 | 7901.302 | BR |
| 10/3-10/24 | Th | 5:15-7:30 p.m. | \$10/\$15 | 7902.302 | BR |
| 11/7-11/21 | Th | 5:15-7:30 p.m. | \$10/\$15 | 7903.302 | BR |
| 12/5-12/19 | Th | 5:15-7:30 p.m. | \$10/\$15 | 7904.302 | BR |

### 5:30 p.m. pick-up at Eagle Pointe

|            |    |                |           |          |    |
|------------|----|----------------|-----------|----------|----|
| 9/5-9/26   | Th | 5:30-7:30 p.m. | \$10/\$15 | 7901.303 | EP |
| 10/3-10/24 | Th | 5:30-7:30 p.m. | \$10/\$15 | 7902.303 | EP |
| 11/7-11/21 | Th | 5:30-7:30 p.m. | \$10/\$15 | 7903.303 | EP |
| 12/5-12/19 | Th | 5:30-7:30 p.m. | \$10/\$15 | 7904.303 | EP |

## ZTAG: Tag your it! - NEW

### Ages 6-10

ZTAG is a wearable video game that gets kids off screens and back into playing! Come join us in the gym for some fun tag games, in a new cool way!

|      |    |             |           |          |    |
|------|----|-------------|-----------|----------|----|
| 9/12 | Th | 6-7:30 p.m. | \$12/\$15 | 7285.301 | BR |
|------|----|-------------|-----------|----------|----|

## Kids Crafty Corner - NEW

### Ages 6-10

Come get creative and have some fun with friends. We will be doing a DIY craft all materials are provided!

|       |    |             |           |          |    |
|-------|----|-------------|-----------|----------|----|
| 10/17 | Th | 6-7:30 p.m. | \$12/\$15 | 7231.301 | EP |
|-------|----|-------------|-----------|----------|----|

## Embrace DIY - NEW

### Ages 9-13

Embrace your creative skills with a new DIY technique. We will be learning how to use a cricut machine while being able to take home a new project every class. All materials are included in class fee.

|            |    |             |           |          |    |
|------------|----|-------------|-----------|----------|----|
| 10/1-10/23 | Tu | 6-7:30 p.m. | \$35/\$40 | 7321.301 | EP |
|------------|----|-------------|-----------|----------|----|

## Bricks-A-Mania - NEW

### Ages 6-10

Have some fun building creations with Lego's, blocks, and magna-tiles. All materials provided.

|       |    |             |           |          |    |
|-------|----|-------------|-----------|----------|----|
| 11/14 | Th | 6-7:30 p.m. | \$12/\$15 | 7286.301 | BR |
|-------|----|-------------|-----------|----------|----|

## Let's get MESSY! - NEW

### Ages 6-10

Join us for a night of getting messy, we will be making slime and other fun things! All materials provided!

|       |    |             |           |          |    |
|-------|----|-------------|-----------|----------|----|
| 12/19 | Th | 6-7:30 p.m. | \$12/\$15 | 7232.301 | EP |
|-------|----|-------------|-----------|----------|----|

## American Sign Language - Beginner

Designed for children interested in learning American Sign Language (ASL). Students will learn the basics of ASL, including the alphabet, numbers, and common signs for everyday words and phrases. Through interactive activities and games, students will practice their signing skills and develop their ability to communicate using ASL.

### Ages 7-11

|            |   |                |           |          |    |
|------------|---|----------------|-----------|----------|----|
| 9/10-11/12 | T | 4:30-5:30 p.m. | \$20/\$25 | 7301.301 | BR |
|------------|---|----------------|-----------|----------|----|

### Ages 12 - 18

|            |   |          |           |          |    |
|------------|---|----------|-----------|----------|----|
| 9/10-11/12 | T | 6-7 p.m. | \$20/\$25 | 7301.302 | BR |
|------------|---|----------|-----------|----------|----|



# YOUTH SERVICES

## American Sign Language – Intermediate

Designed for children who have already learned the basics of ASL and are ready to expand their signing skills and vocabulary. Students will improve their conversational fluency and learn more advanced grammar and sentence structure in ASL. Through interactive activities and projects, students will develop their signing proficiency and gain a deeper understanding of Deaf culture.

### Ages 7–11

|            |    |                |           |          |    |
|------------|----|----------------|-----------|----------|----|
| 9/12–11/14 | Th | 4:30–5:30 p.m. | \$20/\$25 | 7301.303 | BR |
|------------|----|----------------|-----------|----------|----|

### Ages 12 – 18

|            |    |          |           |          |    |
|------------|----|----------|-----------|----------|----|
| 9/12–11/14 | Th | 6–7 p.m. | \$20/\$25 | 7301.304 | BR |
|------------|----|----------|-----------|----------|----|

## Gallery on the Go Paint Party

### Ages 6–14

Create beautiful works of art with instruction and materials provided by Gallery on the Go!

|      |   |              |           |          |    |
|------|---|--------------|-----------|----------|----|
| 9/23 | M | 10 a.m.–noon | \$18/\$20 | 7353.301 | BR |
|------|---|--------------|-----------|----------|----|

|       |   |              |           |          |    |
|-------|---|--------------|-----------|----------|----|
| 10/28 | M | 10 a.m.–noon | \$18/\$20 | 7354.301 | BR |
|-------|---|--------------|-----------|----------|----|

|      |    |              |           |          |    |
|------|----|--------------|-----------|----------|----|
| 11/2 | Sa | 10 a.m.–noon | \$18/\$20 | 7355.301 | BR |
|------|----|--------------|-----------|----------|----|

## Service-Learning

Service-learning is about learning how you can serve your community and provide resources to those who do not have them. Projects are age-appropriate, adult-supervised, and a certificate is presented at the end of class. Registration required

### Ages 7–13

|       |   |                 |      |          |    |
|-------|---|-----------------|------|----------|----|
| 11/11 | M | 10 a.m.–12 p.m. | Free | 7234.301 | EP |
|-------|---|-----------------|------|----------|----|

### Ages 14–17

|       |   |         |      |          |    |
|-------|---|---------|------|----------|----|
| 11/11 | M | 1–3p.m. | Free | 7283.303 | EP |
|-------|---|---------|------|----------|----|

## YOUTH COMMISSION

The youth commission is an advisory body to City Council on issues affecting youth in Commerce City. Commissioners serve for two 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. during the school year and members are responsible for their own transportation.

Want to Get Involved? Now accepting applications for 2024/2025 School Year! Apply online today at [c3gov.com/youth](https://c3gov.com/youth). Please call 303-289-3659 with any questions.

## SCHOOL BREAKS

### Ages 6–10

#### Fall Break

Enjoy some fun outside the classroom! Each day offers your child something new and exciting to do. Transportation provided for all off-site trips.

Join us for a fun day of science and history with a field trip to Denver Museum of Nature and Science. Transportation provided.

|       |   |               |         |          |    |
|-------|---|---------------|---------|----------|----|
| 10/14 | M | 9 a.m.–4 p.m. | \$5/\$8 | 7601.301 | EP |
|-------|---|---------------|---------|----------|----|

Join us for crafts and activities in the morning. We'll end the day with a PG-rated movie and snacks!

|       |   |               |         |          |    |
|-------|---|---------------|---------|----------|----|
| 10/15 | T | 9 a.m.–4 p.m. | \$5/\$8 | 7601.302 | EP |
|-------|---|---------------|---------|----------|----|

Join us for an excursion to the Denver Botanical Garden. We'll explore the sensory garden, visit the Koi fish and have lunch in the garden.

|       |   |               |         |          |    |
|-------|---|---------------|---------|----------|----|
| 10/16 | W | 9 a.m.–4 p.m. | \$5/\$8 | 7601.303 | EP |
|-------|---|---------------|---------|----------|----|

Join us for crafts and activities in the morning. We'll end the day with a PG-rated movie and snacks!

|       |    |               |         |          |    |
|-------|----|---------------|---------|----------|----|
| 10/17 | Th | 9 a.m.–4 p.m. | \$5/\$8 | 7601.304 | EP |
|-------|----|---------------|---------|----------|----|

Friday Funday! Join us for crafts and activities in the morning. We'll end the day swimming at the Eagle Pointe pool.

|       |   |               |         |          |    |
|-------|---|---------------|---------|----------|----|
| 10/18 | F | 9 a.m.–4 p.m. | \$5/\$8 | 7601.305 | EP |
|-------|---|---------------|---------|----------|----|

Join us for a fun day at Loveland Laser Tag!

|       |   |               |           |          |    |
|-------|---|---------------|-----------|----------|----|
| 11/25 | M | 9 a.m.–4 p.m. | \$30/\$40 | 7651.301 | BR |
|-------|---|---------------|-----------|----------|----|

We will go to the Apex Center. We will participate in indoor rock climbing and go swimming.

|       |   |               |           |          |    |
|-------|---|---------------|-----------|----------|----|
| 11/26 | T | 9 a.m.–4 p.m. | \$30/\$40 | 7651.302 | BR |
|-------|---|---------------|-----------|----------|----|

Together, we'll handmade heartfelt gifts for loved ones and friends. Make coasters, stuffed hanging art, candle holders, small paintings, stamps, and more! All instruction and materials provided by The Art Garage.

|       |   |               |           |          |    |
|-------|---|---------------|-----------|----------|----|
| 11/27 | W | 9 a.m.–4 p.m. | \$30/\$40 | 7651.303 | BR |
|-------|---|---------------|-----------|----------|----|

### Winter Break

#### Bison Ridge

Join us for a morning of painting! Instruction and materials provided by Gallery on the Go. We'll end the day swimming at the Bison Ridge swimming pool.

|     |    |               |           |          |    |
|-----|----|---------------|-----------|----------|----|
| 1/2 | Th | 9 a.m.–4 p.m. | \$30/\$40 | 7652.301 | BR |
|-----|----|---------------|-----------|----------|----|

#### Staunton State Park

We will go to Staunton State Park ice Fishing with the Rangers. Rangers will teach us how to be safe on the ice, how to handle the fish and the technique to catch a fish. They will drill the holes for us, and they give us all the equipment.

|     |   |               |           |          |    |
|-----|---|---------------|-----------|----------|----|
| 1/3 | F | 9 a.m.–4 p.m. | \$30/\$40 | 7652.302 | BR |
|-----|---|---------------|-----------|----------|----|



## OUTDOOR RECREATION

### Nature Based Programming

#### FISHING FRENZY

Join Commerce City Parks and Recreation and the Rocky Mountain Arsenal National Wildlife Refuge for our Annual Fishing Frenzy. The Youth Fishing Derby will be a great event, including some great prizes! We will also have a toddler fishing pool and family fishing. Our event partners will be here to support you if it's your first time fishing! Take a break from fishing to visit our interactive booths and visit the traveling animal farm. We will have a limited amount of fishing poles and bait for you to borrow. Fishing Frenzy is held at Rocky Mountain Arsenal National Wildlife Refuge 6550 Gateway Rd, Commerce City 80022.

#### Toddler Fishing – Ages 1-4

|      |    |              |      |
|------|----|--------------|------|
| 9/14 | Sa | 9-10:30 a.m. | FREE |
|------|----|--------------|------|

#### Youth Fishing Derby – Ages 5-15

|      |    |              |         |          |
|------|----|--------------|---------|----------|
| 9/14 | Sa | 9-10:30 a.m. | \$5/\$7 | 7711.301 |
|------|----|--------------|---------|----------|

#### Family Fishing – All Ages\*

|      |    |              |      |
|------|----|--------------|------|
| 9/14 | Sa | 11 a.m.-noon | FREE |
|------|----|--------------|------|

\*Fishing fee is waived. However, fishing licenses are required for anyone 16 and over.

### 100 THINGS TO DO BEFORE YOU'RE 12

#### Ages: 6-11

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

#### August – Prairie Adventure (Plains Conservation Center)

|      |   |                |           |          |    |
|------|---|----------------|-----------|----------|----|
| 8/12 | M | 10 a.m.-2 p.m. | \$10/\$15 | 7461.301 | BR |
|------|---|----------------|-----------|----------|----|

#### September – Gold Mining

|      |   |                |           |          |    |
|------|---|----------------|-----------|----------|----|
| 9/30 | M | 10 a.m.-2 p.m. | \$20/\$25 | 7471.301 | BR |
|------|---|----------------|-----------|----------|----|

#### September – Commerce City Junior Ranger Program

|      |   |                |          |          |    |
|------|---|----------------|----------|----------|----|
| 9/16 | M | 10 a.m.-2 p.m. | \$5/\$10 | 7472.301 | BR |
|------|---|----------------|----------|----------|----|

#### October – Hayrides, pumpkins, and a corn maze for some fall fun!

|       |   |                |           |          |    |
|-------|---|----------------|-----------|----------|----|
| 10/21 | M | 10 a.m.-2 p.m. | \$15/\$20 | 7473.301 | BR |
|-------|---|----------------|-----------|----------|----|

#### November– Learn to Indoor Rock Climb

|       |   |                |           |          |    |
|-------|---|----------------|-----------|----------|----|
| 11/18 | M | 10 a.m.-2 p.m. | \$15/\$20 | 7473.302 | BR |
|-------|---|----------------|-----------|----------|----|

#### December– Snow Tubing Echo Mountain

|       |   |                |           |          |    |
|-------|---|----------------|-----------|----------|----|
| 12/16 | M | 10 a.m.-2 p.m. | \$20/\$25 | 7474.301 | BR |
|-------|---|----------------|-----------|----------|----|

### Archery

#### Ages 8-13

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

|            |   |             |           |          |    |
|------------|---|-------------|-----------|----------|----|
| 9/4-9/18   | W | 5-6:30 p.m. | \$30/\$40 | 7411.301 | EP |
| 10/2-10/16 | W | 5-6:30 p.m. | \$30/\$40 | 7412.301 | EP |
| 11/6-11/20 | W | 5-6:30 p.m. | \$20/\$30 | 7413.301 | EP |
| 12/4-12/18 | W | 5-6:30 p.m. | \$20/\$30 | 7414.301 | EP |

### Family Paddle Boarding

#### Ages 6 & up with adult

Gather the family and head to the lake for an afternoon of paddle boarding! Take a break from the water for appetizers on the beach. All family members must be registered. Meet at Aurora Reservoir.

|     |    |                |           |          |    |
|-----|----|----------------|-----------|----------|----|
| 9/7 | Sa | 10 a.m.-3 p.m. | \$15/\$20 | 7491.301 | BR |
|-----|----|----------------|-----------|----------|----|

### Horse Treks

#### Ages 12-16

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

|      |    |              |           |          |    |
|------|----|--------------|-----------|----------|----|
| 9/14 | Sa | 10 a.m.-1 pm | \$50/\$60 | 7401.301 | EP |
|------|----|--------------|-----------|----------|----|

### Full Moon Family Hike – NEW!

#### Ages 7 & up with adult

Come join us for a full moon hike in Golden. We will hike 1.2 miles to the top of the mountain to view the full moon, have treats and if the skies cooperate, we will look through a telescope.

|       |    |          |           |          |    |
|-------|----|----------|-----------|----------|----|
| 11/16 | Sa | 4-7 p.m. | \$10/\$15 | 7492.301 | BR |
|-------|----|----------|-----------|----------|----|

### Family Sleigh Ride

#### All ages

Take a scenic sleigh ride with beautiful views of the Ten Mile Range and the Continental Divide in Breckenridge. After the ride, retreat to the clubhouse for a buffet style dinner and live entertainment.

All family members attending must be registered.

|       |    |           |          |          |    |
|-------|----|-----------|----------|----------|----|
| 12/14 | Sa | 3-10 p.m. | \$60/\$7 | 7432.301 | EP |
|-------|----|-----------|----------|----------|----|

# WE ARE HIRING!

## WORK HARD • PLAY HARD

Take advantage of flexible schedules and growth opportunities as a city employee!

APPLY AT [C3GOV.COM/JOBS](https://c3gov.com/jobs)



## STAY CONNECTED



### PARKS, RECREATION AND GOLF

[c3gov.com/Recreation](https://c3gov.com/Recreation)

The official Website of City of Commerce City  
Parks, Recreation and Golf



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