

SOUTH SUBURBAN

FALL 2024

SSPRD.ORG

303.347.5999

SEPTEMBER 1-NOVEMBER 30

SOFTBALL

GOLF

FITNESS

ESPORTS



**SOUTH
SUBURBAN**
PARKS & RECREATION



#ExploreSSPRD



South Suburban Social Snapshot

Follow our social media channels to stay in the know. You'll see updates like these, in real time!

New and Improved Arapahoe Road Bridge



40

Executive Director Rob Hanna and Board of Directors Member Pete Barrett attended the City of Centennial's ribbon cutting for the new Arapahoe Road Bridge over Big Dry Creek this summer! 🎉 The completion of this bridge means that the south portion of the Big Dry Creek Trail is back open for all to enjoy. 🚶🚲

Hot Turtle Summer



44

Turtles made appearances all along the South Platte River and throughout South Platte Park this summer. One parkgoer even caught one laying its eggs near a trail! 🐢🥚

Please remember to give these shelled pals their space if you do encounter them in the wild! And if you ever find one obstructing a trail or in harm's way please call our Rangers at 303.435.8227 so that they can relocate it, like they did with the big snapping turtle in this photo. 🐢👉👈

Where Can I Fish in South Platte Park?



48

In a perfect world, people would see these signs, realize that they can't fish in Cooley Lake or the South Platte Reservoir 🚫🎣, and find another body of water nearby where fishing is allowed, like the South Platte River, or Blackrock, Eaglewatch, Redtail or Bufflehead Lakes.

But in this timeline, our Rangers are responding to more calls about fishing in these protected bodies of water. Please read and respect the signage and only fish where it's allowed!

Park Celebrations Across the District



12

The heat didn't stop us from celebrating the new and improved playgrounds at Little Dry Creek and Abbott parks with staff and City of Centennial council members! Both parks now feature modern-themed playgrounds, basketball courts, and awesome shade pavilions.

We're always working to provide innovative and updated parks to communities across the District. Keep up with plans and construction projects at gameplan.ssprd.org. 🏡

APPLY FOR YOUR ABSENTEE BALLOT

NEXT SOUTH SUBURBAN BOARD OF DIRECTORS ELECTION: MAY 2025

South Suburban is governed by a Board of Directors elected by the greatest MVPs in the District - YOU! The next election is coming up in 2025, where candidates will run to fill three open seats on the five-member board. Board members make important decisions that impact your community, from investments in trail improvements to new facilities and amenities.

The 2025 election is your chance to make your voice heard! District residents can vote in person or by mail. Unlike general elections, ballots ARE NOT automatically mailed to district residents. To receive a mail-in ballot, or "absentee" ballot, you must submit an application. Apply now to ensure you receive your absentee ballot for the 2025 election.

GET YOUR ABSENTEE BALLOT &



How to Apply for an Absentee Ballot

1. VISIT SSPRD.ORG/ELECTIONS



2. DOWNLOAD THE APPLICATION FOR AN ABSENTEE BALLOT



3. SIGN YOUR COMPLETED APPLICATION



4. MAIL OR EMAIL YOUR APPLICATION TO SOUTH SUBURBAN



Spotlight	4
General Information	8
Registration	11
Active Adults	12
Aquatics	13
Arts/Education	14
Dance	16
Esports	17
Fitness & Wellness	18
Golf	20
Licensed Camps/Preschool	23
Nature/Outdoor Recreation	24
Sports	26
STAR South Suburban Therapeutic Adaptive Recreation	32
Birthday Parties	33

Follow us on social media to keep up with these topics and more!

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 South Suburban Park and Recreation District

ANNUAL MAINTENANCE WEEK CLOSURES

Each year, South Suburban closes its recreation centers to deep clean and make improvements. While your local center is closed, passes and punches may be used at any other South Suburban recreation center. Stay tuned at ssprd.org for more details.

CLOSURES

LONE TREE RECREATION CENTER AUG. 5-9

Improvements include:

- New flooring in the preschool room
- New shade structure outside the preschool room
- Resurface interior of water slide
- Install new window coverings
- Sound system replacement
- Resurface wood floors
- Touch up painting throughout facility
- Cabinet replacement
- Install new water fountain



BUCK RECREATION CENTER AUG. 12-16

Improvements include:

- New flooring in Atchinson Room
- Install new window coverings
- Replacement of moveable walls in multi-purpose rooms
- New gym lighting
- Touch up painting throughout facility
- Cabinet replacement
- Resurface wood floors

GOODSON RECREATION CENTER AUG. 26-30

Improvements include:

- Install new window coverings
- Repair lobby tile
- New landscaping in the courtyard
- New cardio equipment (cardio room closed until Sept. 12)
- New strength equipment
- Flooring replacement in cardio area
- HVAC unit replacement
- Install new water fountain

LONE TREE RESIDENT CATHIE FRAZZINI APPOINTED TO BOARD OF DIRECTORS

The South Suburban Board of Directors appointed Lone Tree resident Cathie Frazzini to fill the vacant board seat on May 22. Frazzini will serve the remainder of the vacant term (May 2025), due to the resignation of Susan Pye.

Frazzini most recently completed eight years as a council member for the City of Lone Tree, including four years as the Mayor Pro Tem. She served two terms on the Colorado Municipal League's executive board and was named the President of the Lone Tree Arts Center Guild during her tenure as a member of their executive board. She was also a member of the Lone Tree/South Suburban subcommittee.

"It is an honor to be appointed to the South Suburban Parks and Recreation Board," said Frazzini. "I am looking forward to serving alongside the accomplished and effective SSPRD team and board members. It is a true privilege to serve, and I am hopeful that my prior public service experience will benefit the important work being done by this organization."

The South Suburban Board of Directors is comprised of five District residents all serving at-large, who help guide the directions of parks and recreation in the community. Public meetings are held the second Wednesday of each month.



SOUTH SUBURBAN NAMED NRPA GOLD MEDAL FINALIST

South Suburban has been named a finalist for the National Gold Medal Award for Excellence in park and recreation management. The gold medal honors public park and recreation agencies that demonstrate excellence in long-range planning, resource management and innovative approaches to delivering superb services with fiscally sound business practices.

South Suburban was named a 2024 finalist in the Class II category (150,001-400,000 residents) and is joined by Arlington County Department of Parks and Recreation, Lexington-Fayette Urban County Government Division of Parks and Recreation, and Roseville Parks, Recreation & Libraries Department.

The AAPRA and NRPA have awarded South Suburban the Gold Medal Grand Plaque Award three times (1980, 1988 and 1996), and South Suburban has been a Gold Medal finalist 12 times (1976, 1980, 1987, 1988, 1995, 1996, 2001, 2008, 2011, 2012, 2023 and 2024).

The finalist and grand plaque awards will be presented at the NRPA Annual Conference in October.



PUBLIC HEARINGS FOR 2025 BUDGET

Get involved and learn more about South Suburban's major goals for 2025! District residents are invited to provide input on projects and priorities at public hearings for next year's budget. The public meetings will be held in the Board Room at the Sports Complex on the following dates:

AUG. 14 | SEPT. 25 | OCT. 23

For additional information, call the South Suburban Administration Office at 303.798.5131, Monday-Friday from 8 am-5 pm.

REGISTRATION FOR WINTER 2024-2025 BEGINS OCT. 22



FALL SALE

Try something new and save money on your favorite classes during South Suburban's annual Fall Sale! Score deals on recreation center admission and programs from Sept. 16-29. Buy a 20-pack of Admission Punches and get 5 free or buy a 10-pack of personal training or private Pilates Reformer sessions and get one session free.

Purchase Fall Sale deals beginning Sept. 16 at register.ssprd.org, or at any South Suburban recreation center.

ICE STAFF NATIONALLY RECOGNIZED



Director of Skating Gerry Lane and Assistant GM Justin Cirillo earned national honors for their outstanding commitment and dedication to their professions.

Lane was inducted into the Professional Skaters Association (PSA) Hall of Fame. He has been the Director of Skating for South Suburban since 1992 and has coached all levels from beginners to Olympians. He is the former president of the PSA, holding a Master Rating in Figures, Freestyle, Dance, Free Dance, and Skating Skills. Lane was a competitive figure skater for 16 years, competing nationally and internationally with the U.S. Figure Skating Team.

Cirillo was honored with the Ice Sports Industry 2023 Benton Wilcoxon Award for Excellence in Management. The award celebrates individuals who have demonstrated excellence in the management, programming, and operation of their facilities, with superior leadership, creativity, and innovation. Cirillo is responsible for hosting STEM field trips for local schools. His programs expose students to the sport of ice skating, while teaching about the physics behind ice creation, maintenance and sports.

FALL EVENTS

SPOTLIGHT

PARENTS NIGHT OUT

Various Dates
Goodson Recreation Center & Lone Tree Recreation Center

Parents can take the night off while kids enjoy a movie, pizza and popcorn. Fall movie nights will be held at Goodson Recreation Center on Sept. 13, Oct. 11 and Nov. 8, and at Lone Tree Recreation Center on Sept. 6, Oct. 4 and Nov. 1.



BLUFFS 8K TRAIL RUN

Aug. 25
Bluffs Regional Park

Challenge yourself to a tough 8K race with breathtaking views at the Bluffs Regional Park in Lone Tree. The course is fine crushed gravel with some rugged, steep areas along the route. Register at ssprd.org/raceseries.



SUPERHERO PARTY

Sept. 27
Lone Tree Recreation Center

Calling all superheroes! Join us for a night of games, snacks, dancing and more. Come dressed as your favorite superhero, superhero duo or make up your own.



6

TRICK OR TREAT STREET

Oct. 18
Goodson Recreation Center

Candy, costumes, games and more! Take a stroll through the annual Trick-or-Treat Street for family-friendly Halloween fun. Sponsored by the City of Centennial.



MOONLIT MASQUERADE

Oct. 18
South Platte Park

Join us for an evening of live music, s'mores and storytelling by the campfire! Wear a costume or make a mask at the event, then explore on a guided moonlit forest walk.



PUMPKIN PLUNGE

Oct. 19
Buck Recreation Center

Take a plunge to find your perfect pumpkin. Swimmers of all ages are invited to dive for pumpkins in the Buck Recreation Center pool, and turn them into spooky masterpieces at our decoration station.



HOOFIN' IT THROUGH THE HOLLOW'S 5K

COMING SOON
deKoevend Park

Runners beware, this race is scary fun! Join us for a Halloween celebration at the Hoofin' It Through the Hollow's 5K. Dress to impress and participate in the pre-race costume contest, then stick around for the post-race beer garden and s'mores.



DROP-IN SPOOKY SKATE

Oct. 26
Family Sports Center & South Suburban Sports Complex

Dress up and drop by the Family Sports Center from or the Sports Complex for ice skating to kid-friendly tunes, a costume contest for fun prizes and sweet treats.



TRY HOCKEY FOR FREE

Nov. 2 & 3
South Suburban Sports Complex

Children ages 4-9 are invited for USA Hockey's annual Try Hockey for Free Day. Aspiring players of all ability levels can learn the basics of hockey in a fun and safe environment. Register at ssprd.org.



CONSTRUCTION ZONE

This fall, residents can look forward to updated neighborhood parks, public input opportunities, and the launch of future planning projects.



Abbott Park



Little Dry Creek Park



Writers Vista



Colorado Journey



Harlow Park



TrailMark Park

WELL PROJECT AT LONE TREE GOLF COURSE COMPLETE

Lone Tree Golf Club & Hotel uses non-potable, untreated well water to irrigate the course. Last summer, the well that is located on hole #5 along Lone Tree Parkway (just south of Timberline Drive) failed. This spring, crews drilled a new 1,800-foot deep well to ensure there is adequate water to maintain turf on the course. Staff appreciates the community's patience throughout the process.



RECENTLY COMPLETED

Abbott Park: Renovations to Abbott Park included new sod, repaired drinking fountains and new LED shelter lights. A public celebration was held at the modern-themed playground that included a scavenger hunt, snacks, and giveaways.

Little Dry Creek Park: A new post-tension basketball court and modern-themed playground highlight the renovations at Little Dry Creek Park. Sod was installed and a public celebration was held on June 17.

Writers Vista: A new restroom and shade pavilion were installed to improve accessibility and meet the unique needs of park and trail users. The new pavilion is larger, which provides greater shade coverage and additional seating capacity. The new flush restroom includes ADA accessible stalls and an ADA compliant drinking fountain. Community members celebrated the improvements in conjunction with Littleton's Meet, Greet, and Eat on June 26.

Colorado Journey Miniature Golf Improvements: Both courses opened for play this summer after major renovations to the facility. Patrons can appreciate a new PA system and new turf all 36 holes. Crews installed new water pumps and installed a few new fun features.

Cornerstone Batting Cages: After a storm inflicted substantial damage to the batting cages, repairs were made in time for the spring softball and baseball season.

COMING SOON

Harlow Park: A new nature-themed playground and rubberized safety surfacing highlight improvements at Harlow Park. The playground also features new park benches, which provide additional seating for visitors to the playground. Look forward to a larger shade pavilion and picnic tables. The new pavilion will offer more space for covered seating with standard and ADA picnic tables.

TrailMark Park: Construction is underway for upgraded playground equipment and rubberized safety surfacing to increase accessibility around the playground. A new shade pavilion with ADA accessible picnic tables will provide comfortable places for people to rest while visiting the playground.

Hudson Gardens Vision and Strategic Plan: South Suburban is in the early stages of creating a Hudson Gardens Vision and Strategic Plan to learn more about the needs and desires of the community. Subscribe to the project on gameplan.ssprd.org to get updates and provide feedback when public input opportunities are available.

SPOTLIGHT

7



FACILITIES

RECREATION AND COMMUNITY CENTERS

DOUGLAS H. BUCK COMMUNITY RECREATION CENTER

2004 W. Powers Ave., Littleton

ssprd.org/Buck-Recreation-Center

303.797.8787

GOODSON RECREATION CENTER

6315 S. University Blvd., Centennial

ssprd.org/Goodson-Recreation-Center

303.798.2476

LONE TREE RECREATION CENTER

10249 Ridgeway Cir., Lone Tree

ssprd.org/Lone-Tree-Recreation-Center

303.708.3500

SHERIDAN RECREATION CENTER

3325 W. Oxford Ave., Sheridan

ssprd.org/Sheridan-Recreation-Center

303.761.2241

LONE TREE HUB

8827 Lone Tree Pkwy., Lone Tree

ssprd.org/The-Lone-Tree-Hub

720.245.2601

RESTAURANTS

AVALANCHE GRILL

Family Sports Center
6901 S. Peoria St., Centennial

golf.ssprd.org/Avalanche-Grill

303.754.0544

CENTENNIAL GRILL

Littleton Golf and Tennis
5800 S. Federal Blvd., Littleton

golf.ssprd.org/Centennial-Grill

303.795.7466

LONE TREE GRILL

Lone Tree Golf Club & Hotel
9808 Sunningdale Blvd., Lone Tree

golf.ssprd.org/Lone-Tree-Grill

303.790.0202

SOUTH SUBURBAN GOLF COURSE BAR AND GRILL

South Suburban Golf Course
7900 S. Colorado Blvd., Centennial

golf.ssprd.org/South-Suburban-Bar-Grill

303.770.1882

SOUTH SUBURBAN SPORTS COMPLEX GRILL

4810 E. County Line Rd., Littleton

ssprd.org/Sports-Complex

303.798.7515

ENTERTAINMENT & SPORT FACILITIES

FAMILY SPORTS CENTER AND MINI GOLF

6901 S. Peoria St., Centennial

ssprd.org/Family-Sports-Center

303.708.9500

SOUTH SUBURBAN SPORTS COMPLEX

4810 E. County Line Rd., Littleton

ssprd.org/Sports-Complex

303.798.7515

SPORTS DOME

6959 S. Peoria St., Centennial

ssprd.org/Sports-Dome

303.754.0541

COUNTY LINE BMX

David A. Lorenz Regional Park
8560 S. Colorado Blvd., Centennial

ssprd.org/County-Line-BMX

303.798.7515

CORNERSTONE BATTING CAGES

5098 S. Windermere St., Littleton

ssprd.org/Batting-Cages-at-Cornerstone-Park

303.797.3796

COLORADO JOURNEY MINI GOLF

5150 S. Windermere St., Littleton

ssprd.org/Colorado-Journey

303.734.1083

NATURE FACILITIES

THE HUDSON GARDENS & EVENT CENTER

6115 S. Santa Fe Dr., Littleton

hudsongardens.org

303.797.8565



Bloom Room at Hudson Gardens

SOUTH PLATTE PARK AND CARSON NATURE CENTER

3000 W. Carson Dr., Littleton

ssprd.org/Nature

303.730.1022

For more amenity information, admission rates, facility rentals and holiday hours, please visit ssprd.org.



OUTDOOR SWIMMING POOLS

BEN FRANKLIN POOL

- 📍 1600 E. Panama Dr., Centennial
- 🌐 ssprd.org/Ben-Franklin-Pool
- ☎ 303.798.5922

COOK CREEK POOL

- 📍 8711 Lone Tree Pkwy., Lone Tree
- 🌐 ssprd.org/Cook-Creek-Pool
- ☎ 303.790.7665

HARLOW POOL

- 📍 5151 S. Lowell Blvd., Littleton
- 🌐 ssprd.org/Harlow-Pool
- ☎ 303.798.6269

HOLLY POOL

- 📍 6651 S. Krameria Way, Centennial
- 🌐 ssprd.org/Holly-Pool
- ☎ 303.770.0333

GOLF COURSES

LONE TREE GOLF CLUB & HOTEL

- 📍 9808 Sunningdale Blvd., Lone Tree
- 🌐 golf.ssprd.org/Lone-Tree-Golf-Club-Hotel
- ☎ 303.799.9940

FAMILY SPORTS GOLF COURSE

- 📍 6901 S. Peoria St., Centennial
- 🌐 golf.ssprd.org/Family-Sports-Golf
- ☎ 303.649.1115

SOUTH SUBURBAN GOLF COURSE

- 📍 7900 S. Colorado Blvd., Centennial
- 🌐 golf.ssprd.org/South-Suburban-Golf-Course
- ☎ 303.770.5500

LITTLETON GOLF AND TENNIS

- 📍 5800 S. Federal Blvd., Littleton
- 🌐 golf.ssprd.org/Littleton-Golf-and-Tennis
- ☎ 303.794.5838



Littleton Golf and Tennis

TENNIS & PICKLEBALL

HOLLY TENNIS CENTER

- 📍 6651 S. Krameria Way, Centennial
- 🌐 ssprd.org/Tennis
- ☎ 303.771.3654

SSIA - PICKLEBALL

- 📍 6580 S. Vine St., Centennial
- 🌐 ssprd.org/pickleball
- ☎ 303.996.5474

TENNIS CENTER AT LONE TREE GOLF CLUB & HOTEL

- 📍 9808 Sunningdale Blvd., Lone Tree
- 🌐 ssprd.org/Tennis
- ☎ 303.768.8109



3 EASY WAYS TO REGISTER

- Online: register.ssprd.org
- Phone: 303.347.5999
- Walk In

REGISTER ONLINE

The easiest way to register for South Suburban classes and programs is online! Visit register.ssprd.org and click on "catalog" to find your favorite class and register.

REGISTRATION OFFICES

Registration office is located in the Goodson Recreation Center, 6315 S. University Blvd., Centennial, CO 80121.

- Hours:** Mon-Thu 7:30 am-6 pm
- Fri 7:30 am-5 pm
- Sat 9 am-1 pm

Call the registration office at 303.347.5999.

Athletics league registration is located at the South Suburban Sports Complex, 4810 E. County Line Road, Littleton, CO 80126.

- Hours:** Mon-Fri 8 am-5 pm

To learn more about athletics leagues call 303.798.7515 or visit southsuburbansports.com

REFUNDS/CANCELLATIONS

Refunds or transfer must be requested and approved at least 3 full business days before the scheduled start of the activity. A full refund of the class cost will be issued as an account credit. If we cancel the class, no fees will be assessed. There is a \$5 service charge per class, per individual to refunds on a credit card. Cancellations made less than three days prior to the class start date may not be eligible for a credit or refund. There are specific programs with policy exceptions.

CODE OF CONDUCT

Appropriate social behavior is requested for all programs and facility use. Individuals are encouraged to act in a way that will not physically, mentally or emotionally hurt another person. A participant may be asked to withdraw from a class or program, or to leave a facility if behavior does not comply with program and/or facility standards.

NONDISCRIMINATION POLICY

We prohibit discrimination against any patron or volunteer on the basis of race, color, sex, age, national origin, ancestry, genetic information, disability, religion, sexual preference or orientation, gender identity or expression, marital or military status, pregnancy, childbirth and related medical conditions, political affiliation, or any status protected by state or federal law.

Americans with Disabilities Act: If you require special assistance, please call 303.483.7004.

INDEMNIFICATION AND WAIVER OF LIABILITY

By registering for any program, the registrant acknowledges that program activities carry certain risks for participants. Further, by registering, the registrant releases and indemnifies the District, its employees, agents, leaders, instructors, contractors or volunteers from and against any and all claims, demands, loss or injury to person or property caused during participation in the activity. This release and indemnity is intended to be as broad as permitted by law.

PHOTOS, VIDEOS AND EMAIL ADDRESSES

We may periodically send you email updates. You can unsubscribe at any time. We do not sell email addresses.

South Suburban Park and Recreation District may take photos, audio and/or video recordings of anyone in attendance at a District-managed property or facility or during any District-associated class, event or program. The District may use these materials at its discretion for promotional, marketing and publicity purposes without obligation, compensation or liability to those appearing in such materials.

HOUSEHOLD PASSES

The fee structure for households is based on the following definition: two adults and up to three (3) dependent children up to the age of 17, all residing year-round in the same residence. For additional dependent children residing year-round in the same household, an additional child fee will be charged. Additional adults living in the household need to create their own account and purchase their own individual admission or pass.

RESIDENCY

Use the District Address Search function on ssprd.org to learn if you live within the South Suburban boundaries to receive the resident rates. Additional proof of residency may be requested at any time, such as a current photo ID with your address printed on it or a current bill with the District address and customer name.

SCHOLARSHIPS

Scholarships are available for qualifying residents to use District facilities and participate in programs. To learn more about requirements and request an application, call the Registration Office at 303.347.5999 or visit ssprd.org/scholarships.



ACTIVE ADULTS PROGRAMS & CLASSES

5280+ SENIOR CHORALES

The **5280+ Senior Chorales** is a non-auditioned choir that emphasizes the social, emotional, physical and mental health benefits of singing for older adults. It is open to anyone "55 & better" who seeks art education and performance opportunities under the direction of professional artists, and is interested in a fun and challenging musical adventure (no prior choral experience necessary).



CLASSES

Find your new favorite hobby or hone your crafting skills. There's something for everyone at our classes and programs including **Watercolors, Cooking, Ceramics, Line Dance, Spanish, Card Trick Class, Printmaking, Watercolor Batik, Technical Assistance** classes and more. Connect with other adults who have the same interests as you and learn something new!



DROP-IN ACTIVITIES & GAMES

Stop by to connect with friends old and new while participating in games and activities hosted at various times and locations throughout the week. Play **Duplicate Bridge**, work on your crochet or knitting projects at **Happy Hooks and Needles**, drop in for **Pinochle** or **Poker** and more! All drop-in activities and games schedules can be found on register.ssprd.org.

TRIPS AND TOURS

Enjoy a fun outing while we do the driving! Experience culture at a live theater performance or museums, or explore our beautiful state on day-trip adventures and hikes. A complete list of all trips, dates and pricing is available at register.ssprd.org.

RESOURCES

LOCAL INFORMATION & ASSISTANCE

- Arapahoe County Council on Aging.....accoa.info
- Arapahoe County Department of Human Services.....303.636.1130
- Arapahoe County First Ride.....720.540.5566
- Centennial Senior Commission.....centennialco.gov
- DRCOG Area Agency on Aging.....303.480.6700
- Integrated Family Community Services.....303.795.3700
- RTD Access-A-Ride.....303.299.2960
- South Metro Housing Authority - Littleton.....303.794.9608
- Douglas County Human Services.....303.688.4825
- Douglas County Senior Adult Services.....303.814.4374
- Douglas County Seniors' Council.....303.663.7681
- Lone Tree Living and Aging Well Commission.....303.225.4930

Connect on Facebook!

facebook.com/groups/southsuburbanactiveadults

Stay Informed!

Sign up for the Active Adults Newsletter at ssprd.org/Newsletter-Signup

Looking for your favorite Active Adult art, educational or fitness class? Look for this icon throughout the catalog. You can also find all of these classes at register.ssprd.org



AQUATICS

RED CROSS CLASSES

RED CROSS CLASSES & TRAINING

Learn the skills and tactics necessary to save a life, respond to emergencies, and provide care for others. Earn American Red Cross certifications including **First Aid CPR and AED, Lifeguard Training** and **Babysitter Training**. Fees, requirements and ages vary depending on course and experience.



SWIM TEAMS & LESSONS

MASTERS SWIM & CONDITIONING

Learn something new, practice your skills and stay in competitive shape all year long at indoor pools. Fine-tune strokes and maintain endurance at a **Swim Conditioning** class or **Masters Swim** program.



SWIM LESSONS

Swimmers of all ability levels can learn and improve at **Swim Lessons** for youth and adults. Practice basic skills and learn new ones in classes ranging from Parent-Tot to Level 5 at pools around the District. **Flexible Private Swim Lessons** are also available, as well as **Sessional Private Swim Lessons** with set dates and times.

Fall 2024 Swim Lesson Fee and Session Information	
Indoor Pools	Session Dates: 2 Days or 1 Day per Week (M/W, Tu/Th or Sat)
Buck, Goodson and Lone Tree Rec Center	9/3-9/28: 4 weeks - No Class Monday 9/2
	9/30-10/26: 4 weeks
	10/28-11/23: 4 weeks
Fees:	
Parent-Tot/Preschool Age 6 months-5 years old	M/W or Tu/Th, 4 weeks: \$60R / \$78NR Sat, 4 weeks: \$30R / \$39NR
School Age and Adult 6 years and up	M/W or Tu/Th, 4 weeks: \$58R / \$76NR Sat, 4 weeks: \$29R / \$38NR

NEW THIS FALL!

Indoor swim lesson registration will open on a rolling basis. Registration for September indoor swim lesson sessions will be available on July 16. October and November registrations will open on Sept. 16 and Oct. 14, respectively.



Pumpkin Plunge

Saturday, Oct. 19 | 4-7 pm
Buck Recreation Center
Take a plunge to find your perfect pumpkin! Swimmers ages 3-12 are invited to visit the pumpkin patch in the Buck Recreation Center pool, and turn their picks into spooky masterpieces at the decoration station.



ARTS / EDUCATION

ACTING

THEATRE PERFORMANCES

Join Audacious Theatre as they perform an atmospheric, spooky and interactive adaptation of the classic horror tale, **Frankenstein**.

YOUTH THEATRE

Learn to perform in front of others, use your imagination, create characters and build confidence in youth **Theatre** classes.

ARTS AND CRAFTS



ANIME CLUB

Participants will create art and cosplay pieces involving anime, comics, video games, manga, movies, and television.

CRAFTS FOR ALL AGES

Let your creativity soar with hands-on crafts including **Stained Glass**, **Active Adult Ceramics**, **Origami** and more. Classes and workshops available for adults, youth and parent-tot.

DRAWING

Learn new skills and explore techniques and tools in drawing classes for all ages. Try your hand at **Drawing Techniques** and explore season themes at **Draw & Paint: Famous Artist Workshop**. Youth can also try **Drawing for Kids** or **Drawing for Teens**.

HOMESCHOOL ART PROGRAMS

These in-depth classes address art standards and explore a variety of media including drawing, painting, sculpture, collage, ceramics and printmaking.

MIXED MEDIA

Let your creativity soar while experimenting with paint, fabric, clay and more in **Art Club**. Adult artists can explore, learn and grow in **Art Studio** and mixed media **Adult Art** classes.

PAINTING

Classes and workshops featuring **Watercolor**, **Watercolor Batik**, **Printmaking** and other mediums for tots, teens, adults and specialty classes just for Active Adults! Little ones can explore in **Art for Tots** or **Canvas and Cookies** classes.

Creativity Lab

There are opportunities for creators of all ages at Sheridan Recreation Center's Creativity Lab! Imagine and build beautiful creations out of recycled treasures and found objects. The Creativity Lab is free with admission to the Sheridan Recreation Center.



Save the Date: 37th Annual Craft Fair

Calling all local artists! Share your work at the annual Craft Fair at Goodson Recreation Center. Crafts of all shapes, sizes and styles are welcome for this family-friendly event, which will be held on Saturday, Dec. 7. Stay tuned to ssprd.org for more information.



COOKING

COOKING FOR ADULTS

This fall, learn techniques for **Pizza & Naan Bread**, celebrate the changing season with **Fall Baking**, and treat yourself with **Brunch** recipes. Learn about delicious treats and perfect pairings at a **Chocolate, Cheese, and Wine Tasting Class**. Learn how to cook more nutritious meals from a registered dietician in our new classes on **Brunch & Nutrition** and **Dinner & Nutrition**.



COOKING FOR KIDS

Cooking helps build independence, persistence and confidence in students. Learn skills to use in the classroom and at home in a **Saturday Treats Workshop**.

LEARN SOMETHING NEW

ART & HISTORY LECTURES

Challenge your mind and learn something new at Tesoro Cultural Center's Art and History lectures! Topics include various explorations of Colorado history, Native American history and much more.

LANGUAGE LEARNING

Build vocabulary and improve fluency and listening skills in an **Intermediate Spanish** class. Practice your English in a fun and relaxed setting at an **English Conversation Group** meeting!

MUSIC

MUSIC FOR TOTS

Sing, dance and play! Enjoy interactive classes like **Music Together** and **Crocodile Rock** to lay the foundation for a lifetime of music appreciation.

FUN KEYS SEMI PRIVATE PIANO LESSONS

These fun lessons feature popular piano teaching methods with catchy rhythms, melodies and chord progressions that students love to practice.

POTTERY



CLAY

Explore the possibilities of clay work without the wheel, from boxes and bowls to platters and free-form art pieces in **Pottery Beyond the Wheel**, **Adult Hand Building**, **Youth Clay**, or **Clay for Tots** classes.

POTTERY

Give this craft a spin with adult **Pottery** classes for Levels 1-3, **Raku** and **Goodson Pottery Studio Open Lab Time**, and **Youth Pottery** or **Youth/Family Pottery** classes for young creators. Beginner pottery classes are offered at Buck and Goodson recreation centers.



DANCE



ACADEMY OF DANCE

Academy of Dance classes offer challenging, comprehensive dance training designed specifically for students ages 3-18. Youth receive quality studio instruction in a fun and engaging setting at a fraction of the cost of other studio classes. Learn more at ssprd.org/Academy-of-Dance.

BALLET

Instill grace, balance and confidence through **Ballet**. Classes and conditioning courses available for dancers of all ages and abilities, from Level 1 to Level 5. **Ballet / Tap** and **Ballet / Jazz** combo classes are also available. Practice technique, correct stance, turnout, body structure and fully pointed foot extensions in **Strength and Conditioning**.

HIP HOP

Groove to the beat while learning new skills and techniques. Students will learn **Hip Hop** moves while working on coordination, strength and teamwork. Beginning, intermediate and advanced levels are available.

JAZZ

Experience the upbeat energy of **Jazz**, which combines classical ballet with modern and popular dance techniques. Beginning, intermediate and advanced levels available, as well as a **Jazz / Tap** combo class.

LYRICAL DANCE

Lyrical Dance is perfect for anyone who wants to learn how to use movement to express emotions. Students work on balance, technique and creativity in beginning, intermediate and advanced sessions.

TAP

Get into the rhythm and explore the energetic styles of **Tap**! Students will focus on timing and technique while learning exciting dances and routines. Beginning, intermediate and advanced levels available.

ADULT DANCE CLASSES

DANCE PROGRAMS

Practice grace and strength in adult dance classes for beginners or continuing dancers! Explore the many benefits of **Belly Dance**. Kick up your heels in **Line Dance** or move to your favorite songs in **Jazz / Broadway**! Try a **Beginner Partners Dance** class to learn popular ballroom, Latin and social dances or turn it up a notch and expand on your experience in **Intermediate Partners Dance**. Dancers ages 15+ can sign up for a beginning, intermediate or advanced **Tap** class to enjoy a vigorous, high-energy and fun way to exercise.



YOUTH RECREATIONAL DANCE CLASSES

BALLET

Learn the fundamentals of ballet in **Pre-Ballet** classes. Various age groups are available for these shorter dance sessions, lasting from 1-8 weeks.

HIP HOP

Learn **Hip Hop** choreography that is age-appropriate, high-energy and fun!



JAZZ

Combine classical ballet, modern dance and popular moves in upbeat and fun **Jazz** classes.

YOUNG DANCERS

Your little ones can move and groove at classes designed for dancers ages 1-5. Play and learn with your child at a **Parent-Tot Dance** class, or let them explore rhythm and basic steps in fun classes like **Creative Movement** and **Princess Dance**!

 Active Adults programs



ESPORTS

ESPORTS CAMPS

Whether you're a seasoned pro or brand new to the genre, duke it out with various enemies, weapons and characters at **Battle Royale Camp**. Love to tinker and build? Jump on the custom South Suburban Esports Minecraft server and bring your ideas to life at **Minecraft Camp**. Meet new friends and prepare for local tournaments at **Super Smash Bros Camp** and **Mario Kart Camp**.

DROP-IN GAMING LONE TREE: MON-FRI 4-8 PM WEEKENDS 10 AM-4 PM SHERIDAN: MON-FRI 2-7 PM

OPEN PLAY GAMING

Join us for open play sessions during daily **Drop-Ins**! Perfect your skills, try out new games, and meet friends while playing on our professional-grade equipment. Guarantee your spot by registering online or drop in and pay on-site.



TABLE TOP GAMING

We enjoy old-school gaming as much as the new stuff here at South Suburban. Join us on weekends at the Lone Tree Hub for some analog gaming! Bring a group and games, or swing by solo to meet new adventurers.

TOURNAMENTS

FIGHT GAME COMMUNITY

South Suburban hosts weekly fighting game tournaments throughout the District. Choose from a variety of titles, including Super Smash Bros, Tekken 8, Rivals 2, Street Fighter 6 and many more. Follow South Suburban Esports on social media for updates on dates and times.

South Suburban Esports Fall Showcase

Stay tuned for details on the third annual South Suburban Esports Fall Showcase! Celebrate gaming in Colorado with organizer booths, guest speakers, raffles and awesome prize pools for multiple tournaments. Enjoy some competitive gameplay or watch the matches and meet new friends and colleagues. Games, dates, prizes and more will be shared at ssprd.org/esports. We hope to see you there!



Connect with us for the latest updates and information on upcoming events.

 @SSPRD_Esports

 Discord:

 @ssprd_esports

 Twitch
twitch.tv/southsuburbanesports





FITNESS

GROUP FITNESS

POSTURE & FUNCTIONAL TRAINING

Learn gentle corrective exercises for balance, strength and chronic pain relief in **Functional Motion** classes. Learn how to improve postural and movement habits with **Posture, Balance and Movement** private lessons and classes.

DROP-IN GROUP FITNESS CLASSES

Drop-in fitness classes are included with daily admission to any recreation center. Cardio, strength, cycling, dance, aqua fitness, mind/body, SilverSneakers® and so much more! Visit ssprd.org/drop-in-fitness.html or scan the QR code below for times and locations.



Looking for Drop-In Fitness Classes?
Scan the QR Code below for an up-to-date schedule!



Pro tip: Cut out this box and keep it on display or tucked away for easy access to the Drop-In Fitness calendar whenever you need it!



SMALL GROUP TRAINING

Feel comfortable and get motivated with South Suburban's group training sessions. Start with one of the free **Equipment Orientations** and gain strength with **Women on Weights, Active Adult Weight Training, Kickboxing 101, Pelvicore Yoga Fusion** and **Commit to Get Fit**. Stay mentally fit and stimulate your brain in **Ageless Grace**.

PARKINSON'S FOUNDATIONS

Parkinson's Foundations is designed for anyone experiencing mobility, cognitive, balance, or coordination issues, including Parkinson's, MS, TBI, stroke, or neuropathy. Each session focuses on exercises that will improve overall fitness, mobility, reflexes, voice strength, and balance, all in a fun and friendly atmosphere.

Free Equipment Orientations

Learn safe and proper use of a variety of cardiovascular and weight machines from a certified personal trainer. Ages 10-13 may attend with a registered adult.

HEALTH & WELLNESS

MASSAGE

Call 303.483.7080 for an appointment with a certified, licensed massage therapist at Goodson Recreation Center. Single massages can be purchased at the front desk.

PERSONAL TRAINING

Achieve your goals through affordable training. South Suburban's nationally-certified trainers will provide safe, effective workouts designed for each individual's needs. Adult, youth and group rates available.

PHYSICAL THERAPY

Receive an individualized treatment plan to help restore, maintain and optimize your activity.

RESTING METABOLIC RATE TESTING

Resting Metabolic Rate (RMR) Testing is available now! The MetaCheck® RMR machine is an accurate, professional metabolic analyzer. Knowing your metabolic rate helps to create an effective weight loss plan based on individual caloric needs.

WELLNESS

Slow down and try the Japanese practice of **Forest Bathing** on a guided walk through nature. Experience the benefits of a **Sound Bath** at Hudson Gardens to promote mental clarity, increase focus and reduce stress.

PILATES

PILATES REFORMER

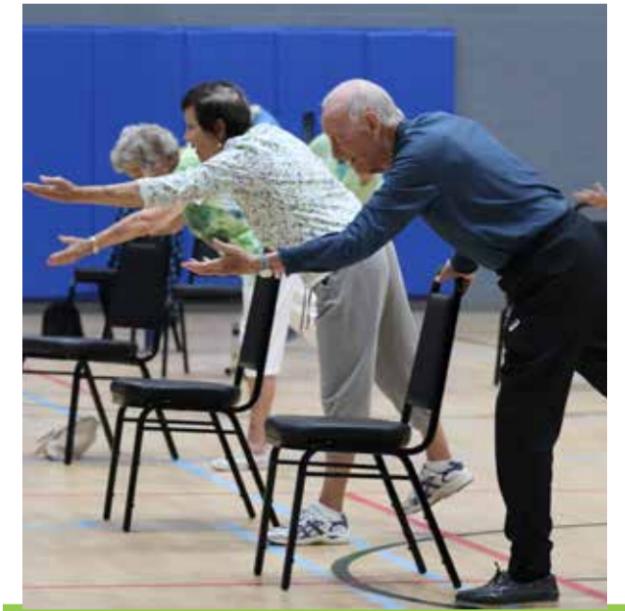
Pilates Reformer classes offered for the beginner to the advanced student. Try it out at **Discover Pilates Reformer**, then move to **Reformer Level 1** and work your way up to **Level 3**. **Private Reformer** sessions for individuals or groups available as well. Plus, try the **Jumpboard Reformer** class!



SILVERSNREAKERS®, SILVER & FIT, RENEW ACTIVE/ ONE PASS

INSURANCE BENEFIT PLAN ORIENTATIONS

Get a general overview of the SilverSneakers®, Silver & Fit, and Renew Active/One Pass programs and facility tours. All members are welcome.



SILVERSNREAKERS® CLASSES

A variety of SilverSneakers® classes are offered at each of our recreation centers to help you meet your health and wellness goals. Classes are included with daily recreation center admission. Try **SilverSneakers® Circuit** for a low-impact workout or **SilverSneakers® Classic** with a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. **SilverSneakers® Yoga** is also available for all abilities.

TAI CHI

TAI CHI

Relieve stress, improve balance and promote physical and mental well-being with **Tai Chi** classes. Start with the beginning class and move your way up to advanced, and build confidence with **Moving for Better Balance** classes.

Private Yoga and Tai Chi Sessions

Improve your yoga or tai chi practice in private sessions with our certified instructors. Contact your recreation center for appointments.

YOGA

YOUTH YOGA

Through poses, breath work, asanas and a lot of laughter, kids ages 6-12 will learn the physical and mental benefits of yoga. Parents are welcome to register and attend with their kids.

YOGA WITH SUZANNE

Increase energy, gain flexibility and improve your overall physical shape in a class that focuses on good health and stress management. All levels welcome.



GOLF COURSES

FAMILY SPORTS GOLF COURSE



This 9-hole, par-31 executive golf course is perfect for those short on time, or those wanting to practice their short game. In addition to South Suburban's PGA teaching staff, GOLFTEC provides individual outdoor lessons onsite at Family Sports Golf Course.

Family Sports Golf Course also features the Denver metro area's only heated and lighted double-deck driving range, open year-round, and late into the night! Golfers enjoy infrared heaters while hitting range balls on cold days or nights.

Adjacent to the driving range is an award-winning short game practice area featuring two large practice greens, two bunkers and the ability to hit up to 75-yard-long pitch shots.

Avalanche Grill and Pro Shop

At the Avalanche Grill, catch your favorite sports on the big screen TV, watch the Colorado Avalanche practice on the ice below, or dine on the covered patio overlooking the golf course.

Stop by the pro shop where our certified professional staff will guide you through your purchase to ensure you have the right equipment for your game. Family Sports enjoys a very low tax rate. We will also assist you with any warranty-related issue.

LITTLETON GOLF AND TENNIS



The par-63 executive 18-hole course is a great choice if you're looking to play a round on a naturally beautiful course. The title may say executive, but the challenge of the course will put your skills to the test. It features two par-5s, five par-4s, a grass driving range with water targets and a practice putting green.

Centennial Grill and Pro Shop

Stop in for a drink or bite to eat at the new Centennial Grill. It's the perfect casual dining spot, featuring great views, large TVs and a full-service bar. Take advantage of weekly food and drink specials.

LONE TREE GOLF CLUB & HOTEL



A public course with a country club feel. The 18-hole, Arnold Palmer-designed, par-72 championship course features rolling fairways and greens and offers players incredible views of Denver and the Front Range. With five sets of tees, players can choose tee boxes to match their handicap. Lone Tree offers great practice facilities with a grass tee driving range, large putting green and a short game area consisting of two chipping greens, two sand bunkers and one grass bunker.

Lone Tree Grill and Pro Shop

The Lone Tree Grill is open seven days a week and is the perfect spot to grab breakfast before a round or a cocktail to unwind and relax. The Grill offers regular specials, music on the patio in the summer and themed parties. Stop in the newly renovated pro shop to receive a custom club fitting from professionals and enjoy competitive prices. It's the perfect spot to find a gift for the golfer who has everything.

Lone Tree Hotel and Events

The Lone Tree Golf Club & Hotel offers unique sophistication with a traditional flair for all types of events, including weddings, corporate events, life celebrations and more! Feel confident that you and your guests will receive care and attention from start to finish by hospitality professionals attending to every detail, so you can enjoy your day! In addition to 15 boutique hotel suites, Lone Tree offers a full catering menu.



SOUTH SUBURBAN GOLF COURSE

Play a round against a picturesque mountain backdrop at this regional favorite! South Suburban is a superbly maintained, 18-hole regulation course, conveniently located in the south metro area. Whether your handicap is in the single or double digits, everyone enjoys playing this fun and challenging Dick Phelps-designed course. Take advantage of our short game practice area, which includes a 3,000 square-foot chipping and putting area, as well as a practice sand bunker.

Par-3 Course

The 9-hole, par-3 golf course is an excellent choice for those who are learning the game or have limited time.

South Suburban Bar and Grill and Pro Shop

Whether you're dining indoors or on the patio, the sweeping views of the golf course and mountains are the perfect complement to your meal. The Grill is open daily for breakfast, lunch and dinner, with full bar service, daily specials and happy hour Monday-Friday. The Grill hosts events and live music on select dates year-round, and is available for your next event, reception or outing. Reservations are accepted and gluten-free items are available.

Make any day a hole-in-one at South Suburban's two mini golf courses!

- Family Sports Center Mini Golf
- Colorado Journey Mini Golf

GOLF CAMPS & CLASSES

ADULT CLINICS

Up your game at **Golf Clinics** designed for intermediate and advanced golfers. Topics include putting, chipping/pitching, irons and driver.

ADULT GET GOLF READY



Get Golf Ready offers basic instruction preparing the adult golfer to play the game at all four courses. Basic, intermediate and women-only classes.

FAMILY SPORTS GOLFTEC LESSONS

GOLFTEC gives lessons to every player from beginners to serious competitive golfers. They will develop a customized plan to fit your game, your learning style and your goals.



START SMART GOLF

Before your child steps out on the green, sign up for a **Start Smart Golf** program at the Sports Complex or Goodson or Lone Tree recreation centers. Players will enjoy fun activities while using specialized learning equipment and practicing the motor skills necessary to play golf.

YOUTH LEARN TO PLAY GOLF

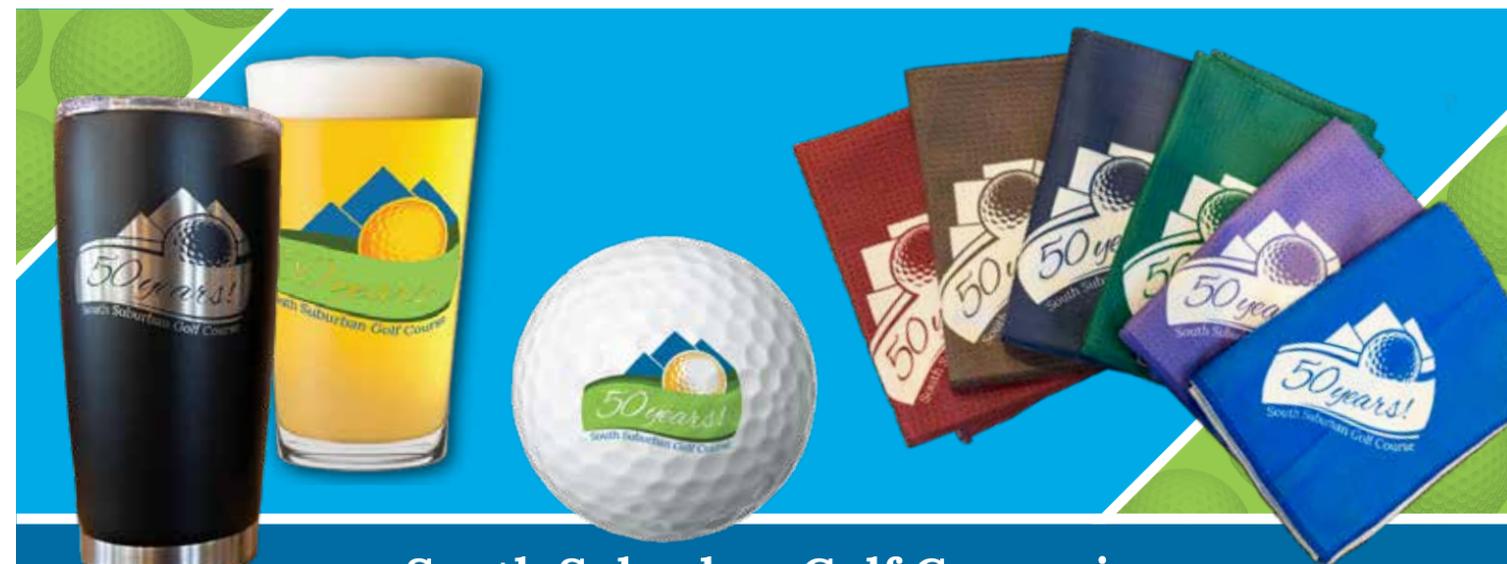
Youth Learn to Play Golf lessons are designed to cover the basic golf fundamentals of grip, stance, full swing, short game and etiquette.

GOLF LEAGUES



YOUTH & ADULT LEAGUES

All four golf courses offer a variety of youth and adult leagues for every golfer throughout the year. Most leagues run April-October. Call the pro shops for more information.



South Suburban Golf Course is celebrating its 50th anniversary all year long!
Get your gear & apparel while supplies last at the course's Pro Shop!



Join the South Suburban Preschool family with Universal Pre-K

Your little one can grow and learn in South Suburban's Child Discovery Time program with unique activities like swimming, a full-sized gym for indoor play, an introduction to new sports with Kidokinetics, visits from the South Platte Express Nature Van, and more.

Universal Pre-K pricing is unbeatable!

Cost per Month:
2-day (T/Th) | 9 am-3 pm | \$51R / \$78NR
3-day (M/W/F) | 9 am-3 pm | \$72R / \$96NR
5-day (M-F) | 9 am-3 pm | Price Varies

Learn more and apply for the Universal Pre-K program:



LICENSED CAMPS / PRESCHOOL

ADVENTURE DAY CAMP: FALL & THANKSGIVING BREAKS

Have a new adventure at Family Sports Center! During school breaks campers can explore activities include laser tag, euro bungee, ice skating, mini golf and regular camp activities like crafts and sports.

CLUB CAMP: FALL & THANKSGIVING BREAKS

Full day **Club Camps** at the Sports Complex, Goodson and Lone Tree recreation centers offer a wide range of activities including arts and crafts, sports, science fun, group games, swimming and more for campers during school breaks.



Parents Night Out

Hey parents! Take the night off and bring your kiddos (ages 3-12) to a movie night, complete with pizza and popcorn. Fall movie nights will be held at Goodson Recreation Center on Sept. 13, Oct. 11 and Nov. 8, and at Lone Tree Recreation Center on Sept. 6, Oct. 4 and Nov. 1.



PRESCHOOL

To register for the following programs, contact the Registration Office at 303.347.5999. Fall sessions begin Sept. 3.

PRESCHOOL / PRE-KINDERGARTEN

Children will socialize, develop self-esteem, engage in physical activities, improve verbal and listening skills, and work on math and reading readiness at this state-licensed preschool program. Half- or full-day classes available M/W/F, T/TH and M-F at Goodson Recreation Center and Lone Tree Recreation Center.

- Preschool - ages 3-4
- Pre-Kindergarten - ages 4-5

Camp and Preschool Registration Fees

- Payment of annual registration fees is required to attend South Suburban licensed camps or preschool programs.
- The fee is \$35 for licensed day camps, and \$135R / \$160NR for licensed child care and preschool programs.
- Visit register.ssprd.org to learn more about these fees and for more details about signing up for child care, preschool and day camps.





NATURE / OUTDOOR RECREATION

ADULT NATURE

CERTIFIED INTERPRETIVE GUIDE WORKSHOP

Earn the respected title of Certified Interpretive Guide (CIG) to increase your skills and open doors in your career. Take a professional certification course, offered in partnership with the National Association for Interpretation.

GUIDED HIKES

Join a naturalist guide for adventures at regional parks and trails. Travel 3-6 miles of moderate elevation gain on **Adult Nature Hikes**, or explore on more relaxed **Active Adult Hikes** planned for hikers ages 55+.

FAMILY NATURE & SPECIAL EVENTS

ARCHERY

From weekly beginner classes to week-long camps, archers ages 8+ can develop skills with recurved, compound and crossbows from a certified instructor and range coach. This fall, South Suburban is offering **Indoor Beginner, Intermediate, Drop-in** and **Explore Archery** options.



ASTRONOMY

Explore the outdoors by moonlight on a **Full Moon Walk**. Experience an exciting celestial show at the **Geminids Meteor Shower** viewing event.

BEEKEEPING

Learn about bees and beekeeping at Hudson Gardens! Observe the daily tasks of a beekeeper and watch them handle live, active bees at a **Meet the Beekeeper** event, or take **Beekeeping Classes** to learn how to set up and maintain your own hive to support conservation efforts.



BIKE REPAIR

Bring your bike and practice skills needed to replace a tire and tube, adjust brakes and gears, and more.

CAMPS

No school? Time to explore! Learn and play this fall at **No School Nature Camps** and **Thanksgiving** break camps.

GARDENING

Grow your gardening skills and learn tips from professional gardeners at Hudson Gardens. Keep your roses thriving with **Rose Gardening** workshops, and gain valuable insights at **Meet the Rose Gardener, Meet the Water Gardener, Meet the Veggie Gardener, Meet the Colorado Gardener** and **Meet the Herb Gardener** events.

HORSEBACK RIDING

Learn or improve skills from grooming to cantering in horseback lessons for riders of all ability levels. Aspiring riders ages 5-7 can build confidence in the **Kiddie Corral**, and riders ages 8+ can gain more experience in a group setting **Horseback Riding** course.

NATURE ART & SKILLS

Join **Nature's Educators** and their animal ambassadors at Hudson Gardens to learn about snakes and owls, then get an up-close look! Discover treasures outdoors while **Geocaching**. Learn about different herbs and their medicinal properties in an **Herbal Education** class. Use arborist ropes and harnesses to pull yourself more than 50 feet into the tree canopy in **Tree Climbing**.

MORE FAMILY NATURE

Fill the fall with family-friendly adventures! Catch a glimpse of protected wildlife at a free **Cooley Lake Nature Walk**. Get your feet wet and learn **Family Fishing Skills**. Join a naturalist for free nature walks in the RidgeGate/Lone Tree area at **RidgeGate Rambles**, each with different themes. Experience fun-filled stories and crafts at **Wednesday Wild Tales** and enjoy fireside nature films at **Friday Night Films at the Nature Center**.

WILDLIFE WATCHING

BIRDING

Calling all birders! Classes, hikes and events are available for birders of all abilities. Have an adventure while **Birding by Bicycle**, or join other enthusiasts at **Wednesday Birding, Birdwatching for Beginners** or **Parent / Child Birdwatching**. Join an Audubon Master Birder to discover rich bird habitats on **Bird Walks at Hudson Gardens**.

MORE WILDLIFE

Enjoy a fall evening on a scenic **Beaver Safari Hayride**, and explore with a naturalist to seek out coyotes and dens on a **Coyote Trails** adventure. Paddle silently past herons and ducks during the popular **Sunset Canoeing**. Get up close to live eagles at **Eagle Power** and see the **Owls of North America** with HawkQuest. Hike to hear the **Bugling Elk** of the Highlands Ranch Backcountry Wilderness Area.

Nature Program Scholarships Available

Visit ssprd.org/scholarships to learn more and apply!

Nature Van, Field Trips & Homeschool

Opportunities

- South Platte Park can bring our nature van to your school or community meeting to provide a hands-on natural science experience. You can also book a field trip to the South Platte River for an adventure that aligns with local curriculum standards. Visit ssprd.org/nature to learn more and start planning your adventure!



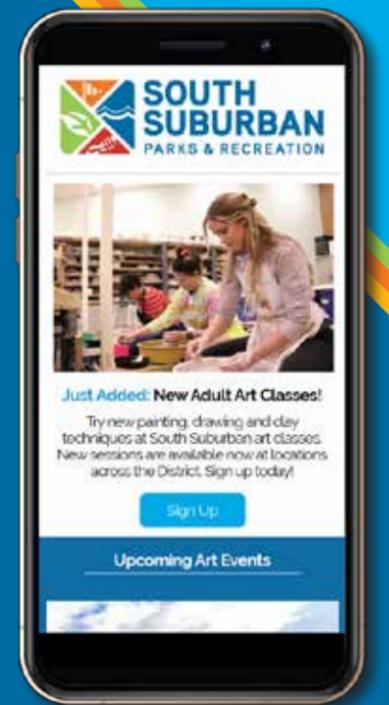
Feeling out of the loop? Sign up for South Suburban newsletters for monthly updates!

Sign up for the email newsletters that interest you to receive updates about your favorite programs, leagues, classes and events. The news you care about, delivered straight to your inbox!

Newsletter Topics Include:

- Active Adults Trips & Tours
- Arts & Education Programs
- Athletics & Leagues
- Buck Recreation Center
- Golf
- Goodson Recreation Center
- HOA Updates
- Hudson Gardens
- Lone Tree Recreation Center
- Pickleball
- Race Series
- Nature & South Platte Park News
- STAR Events (South Suburban Therapeutic Adaptive Recreation program)
- Tennis

ssprd.org/Newsletter-Signup





SPORTS

BASKETBALL

BASKETBALL CLINICS & CAMPS

Practice basic basketball skills at a **Swisher Basketball Clinic**, where participants focus on ball handling, dribbling, passing, shooting and rebounding. Players can learn from experienced coaches and compete in a fun environment at **Nothing But Net** camps.

For youth and adult league information, see pages 30-31.

BIKING

CHAMPS CAMP

Riders ages 5-12 can discover BMX skills in this exciting **BMX Champs Camp**, held on our sanctioned County Line BMX Track.



STRIDER CAMP

Strider Bike teaches kids ages 2-8 to ride, balance and steer on two wheels. Ignite a passion for riding with fun, socialization and instruction.

FLAG FOOTBALL

FLAG FOOTBALL CLINICS

Focus on developing hiking, passing, flag-pulling, catching, and throwing skills at the **Rising Rushers Flag Football Clinic**.

For youth and adult league information, see pages 30-31.

FENCING

FENCING CLASSES

Youth can develop balance, reflexes, confidence and self-esteem while exploring the art of **Fencing**.

GYMNASTICS



C.A.R.A. COMPETITIVE TEAMS

South Suburban partners with the Colorado Association of Regional Athletics (C.A.R.A.) to offer this girls competitive program. For more information, call 303.483.7083 or email sparks@ssprd.org.

DROP-IN GYMNASTICS

Enjoy extra practice time or burn off excess energy at **Drop-In Gymnastics**! Trained staff supervise sessions, but do not offer instruction or structured activities. Learn more and view schedules at register.ssprd.org.

PRIVATE LESSONS

Is your child having trouble mastering one or more gymnastics skills? Private, semi-private and small group lessons are available for all ages and ability levels. Call 303.483.7085 or email kborawa@ssprd.org to request a coach.

GYMNASTICS CLASSES

Various levels of instruction offered for gymnasts ages 6-11, from **Beginner to Advanced**. Active little ones ages 18 months-5 years can jump, tumble, learn and explore at gymnastics programs including **Mighty Munchkins, Tiny Tots, Tumble Bugs, Tumble Tykes** and **Kindernastics**.

New gymnastics sessions begin Sept. 3 and Oct. 28.



ICE SKATING

ADULT LEARN TO SKATE

Beginner, Intermediate and **Advanced** ice skating lessons for skaters ages 18+.

YOUTH LEARN TO SKATE

From **Parent-Tot** to **Advanced Freeskate** and everything in between for ice skaters ages 2-17. Beginners can develop basic skills in **Learn to Skate** levels 1-6, and experienced skaters can learn even more in **Freestyle** and **Ice Dancing** classes.

HOCKEY

ADULT AND YOUTH LEAGUES

South Suburban offers adult and youth leagues for all ages and abilities.

For adult hockey league information visit ssprd.org/Adult-Ice-Hockey.

For youth hockey league information visit ayhl.com.

BLACK ACES

Lace up your skates and join South Suburban's new Adult Hockey League! This lunch league has four seasons – Fall, Winter, Spring and Summer. Each season is 10 weeks long with single elimination playoffs. Learn more at sahl.sportngin.com/blackaces.

MARTIAL ARTS

AIKIDO, KARATE & TAE KWON DO

Practice self-defense, discipline and other essential skills at one of South Suburban's many martial arts classes for all ages and abilities. Different levels offered for **Aikido, Colorado Budokan Karate, ISKF Colorado Karate** and **Tae Kwon Do** classes. Adults, youth and families can learn techniques and gain confidence in **Self-Defense** classes.

Personal Training at the South Suburban Sports Complex

Denver Human Performance (DHP) provides private, small group and team training for any athlete or sport team seeking to improve their physical capabilities while strengthening camaraderie and discipline. Search for **Sports Complex Sports Performance Training** at register.ssprd.org to learn more and get started.

PICKLEBALL

CLINICS & CLASSES

Improve your skills at a **Pickleball Clinic** for beginner and intermediate players, or a **Pickleball Boot Camp** for beginners.

DROP-IN

Meet new friends and ace your game at **Drop-In Pickleball** at various indoor and outdoor locations across the District! View drop-in schedules at ssprd.org/pickleball.



SOUTH SUBURBAN RACE SERIES

RACE SERIES

Visit ssprd.org/raceseries to learn more and register for upcoming South Suburban races!

BLUFFS 8K TRAIL RUN

Challenge yourself to a tough 8K race with breathtaking views at the Bluffs Regional Park in Lone Tree on Sunday, Aug. 25. The course is fine crushed gravel with some rugged, steep areas along the route.



HOOFIN' IT THROUGH THE HOLLOWES 5K

Runners beware, this race is scary fun! Join us for a Halloween celebration at the Hoofin' It Through the Hollowes 5K run/walk! Dress in your Halloween best and bring the entire family to enjoy the atmosphere and s'mores after the race.



SOCCER

PROGRAMS

Learn coordination, teamwork and perseverance at soccer programs for players 12 and under. Various levels are offered for **Colorado Soccer Buddies** and **Premier Soccer Academy**, and players can learn even more at a **Soccer Instruction** class.

For youth and adult league information, see pages 30-31.

ssprd.org



SOUTH SUBURBAN TENNIS

TENNIS

Looking for More Tennis Info?

Visit ssprd.org/tennis for information on all South Suburban tennis facilities, programs, classes and more.

ADULT TENNIS

Drills designed for NTRP level, cardio, or for those brand new to tennis in a **Quick Start** program.



JUNIOR TENNIS

The Junior **ROGY** Program uses a step-by-step progression to help players develop strong fundamental tennis skills.

Red Ball (ages 5-7) on a mini court
Orange Ball (ages 6-10) on a short court
Green Ball (ages 11-14) on a full court

LITTLETON TENNIS ACADEMY

A progression program for players ages 12-18 advancing from the ROGY program, with a focus on high school and tournament level play. Visit ssprd.org/tennis for additional information and registration links.

TRACK

CROSS COUNTRY

Join the Fall CARA **Cross Country** distance running team for ages 7-14, with two practices during the week and optional meets on the weekends.

VOLLEYBALL

YOUTH

Volleyball Instruction for Youth includes fun drills and training techniques to build foundational skills.

Fall SALE

Buy a 20 pack of Admission Punches,
Get 5 Free

Buy a 10 pack of 1-hour Personal Training or Private Reformer sessions,
Get 1 Session Free

Purchase deals beginning Sept. 16 at ssprd.org or at any of our four recreation centers.



we are HIRING

Hey YOU! Yeah YOU! Need a job?

Flexible hours,
sweet perks and
some money
in your pocket.

It doesn't get
better than that.



Learn more and apply at careers.ssprd.org

JOIN SSPRD'S FIRST 3V3 YOUTH SOCCER TOURNAMENT!



OCTOBER 26

U7-U14
Sports Dome
Register by October 10
southsuburbansports.com



Hole-O-Ween!

Ghosts, fairies, witches, spiders and more are out to ensure your entire group has a frighteningly good time. Enjoy Halloween-themed holes and spooky kid-friendly decorations throughout the facility.

October 1-31
Colorado Journey
Miniature Golf



Find out more and register for all adult/youth leagues at southsuburbansports.com



2024 ADULT SPORTS LEAGUES

Sport	Season	Registration Range	League Starts	Fees (R/NR)	Games	Types of Leagues	
Basketball	Fall	July 8-Sept. 4	Sept. 9	\$575	8+ playoffs	Free Agent, Men's Rec, Men's Comp & Men's Open	
Field Lacrosse	Fall	June 10-Aug.16	Aug. 28	\$1,150	7	Men's Lacrosse 18+	
Pickleball	Fall	July 1-Sept. 2	Sept. 23	\$154/\$175	14	3.0-3.5 Men's, Women's & Mixed Doubles	
Raquetball	Fall I	June 3-July 26	Aug. 6	\$49/\$59	9	Intermediate & Advanced	
	Fall II	Aug. 9-Oct. 11	Oct. 15	\$49/\$59	9	Intermediate & Advanced	
Soccer	Indoor - Sports Complex	Fall	June 17-Aug. 2	Aug. 13	\$650	7+ playoffs	Men's 30+, Coed, Free Agent
	Indoor - Sports Dome	Fall	Aug. 5-Sept. 27	Oct. 7	\$925	7+ playoffs	Men's A & B, Coed, Free Agent
	Outdoor Field	Fall	June 19-July 25	Aug. 2	\$1,050	9+ playoffs	Men's, Coed
Softball	Fall	July 1-Aug. 28	Aug. 26	\$555	7+ playoffs	Coed D, Coed E, Men's Rec, Men's E, Men's Open, Men's Upper/Lower, Men's D-Open	
Volleyball	Fall	July 1-Aug. 28	Sept. 6	\$195	14+ playoffs	Coed 4v4	



WEATHER HOTLINE

Get updates on league and program status with South Suburban's weather hotline: 303.219.1150.
Download the free app RainoutLine
Search: SSPRD rainoutline.com

2024 YOUTH SPORTS LEAGUES

Sport	Grades	Season	Registration Range	Practice Start (week of)	Games Start (week of)	Fees (R/NR)	
Baseball - Little Sluggers	Pre-K	Fall	July 1-Sept. 4	N/A	Sept. 9	\$44/\$54	
Baseball	K - 5th	Fall	July 8-Sept. 4	N/A	Sept. 8	\$53/\$59	
Basketball	Little Hoopers	Pre-K	Winter	Aug. 12-Dec. 13	N/A	Jan. 11	\$45/\$55
		Pre-K	Winter	Aug. 12-Jan. 19	N/A	Feb. 8	\$45/\$55
	League - Team Registration	5th - 6th	Winter	Aug. 12-Nov. 15	N/A	Dec. 5	\$1,000/team
	League - Individual Registration	5th - 8th	Fall	June 10-Aug. 23	Sept. 3	Sept. 6	\$95/\$115
K - 8th		Winter	Aug. 12-Oct. 18	Nov. 11	Jan. 6	\$95/\$115	
BMX Racing League	K-12th	Fall	June 19-Oct. 2	Sept. 2	N/A	\$150/\$175	
Flag Football	K - 3rd	Fall	June 1-Aug. 18	Aug. 26	Sept. 7	\$75/\$90	
	4th - 8th	Fall	June 1-Aug. 18	Aug. 26	Sept. 7	\$85/\$100	
Lacrosse	Box - Sports Complex	Fall	Sept. 3-Oct. 18	N/A	Oct. 26	\$105/\$120	
	Field	Fall	June 3-Aug. 16	Aug. 26	Sept. 7	\$95/\$115	
	Field - Sports Dome	Fall	Sept. 3-Oct. 18	N/A	Oct. 26	\$1375/team	
Soccer - Indoor	Sports Complex	Fall	Sept. 3-Oct. 13	N/A	Oct. 27	\$850/team	
	Sports Dome	Fall	Sept. 3-Oct. 13	N/A	Oct. 27	\$725-\$925/team	
Volleyball	2nd-12th	Fall	June 3-Aug. 9	Aug. 26	Sept. 14	\$75/\$87	

2024 TOURNAMENT SCHEDULE

Sport	Title	Divisions	Fee	Date
Adult Lacrosse	Halloween Tournament	Mens Open 18+	\$475	Oct 26-27
Adult Pickleball	Hocus Pocus	Mens, Womens, Mixed Doubles	\$30	Oct 5-6
Adult Tennis	Fall Classic	Mens, Womens NTRP Divisions	\$35	Oct 21-27



STAR

South Suburban Therapeutic Adaptive Recreation

EVENTS

DANCES

Dance and listen to the DJ play your favorite tunes each month. Meet old friends and make new ones. Enhance the fun by dressing according to each monthly theme. Fall themes include **Star Wars Dance**, **Halloween Dance** and **Fall Formal Dance**.



STAR TRIPS AND TOURS

Enjoy outings with friends on STAR trips and tours this fall! Take a breath of fresh Colorado mountain air on the **Pine Valley Ranch Hike**. Celebrate fall with a walk to downtown Littleton to visit Reinke Brothers store and finish with ghoulish games at the Buck Rec Center at the **Halloween Party**. Travel back in time and dress in your 1950's clothes for a trip to **Gunther Toodies**.



STAR Fitness Buddies

Work out with one of our buddies and increase your fitness level and gym independence. Work toward your goals with fun and challenging exercises through cardio, weights, stretching and more. Contact Brendan Lawbaugh at blawbaugh@ssprd.org / 303.730.4614 for more information.

PROGRAMS

ART & MUSIC

Express yourself and build skills in various art mediums, from canvas painting to clay work, in **STAR Creative Crafts**. Play all kinds of instruments and move to the beat at **STAR Music and Dance**.

AQUA EXERCISE

Work on a variety of exercises including range of motion, cardio and more in the warm water therapy pool. Must be able to swim in five feet of water.

GAMES & SPORTS

Stay active as you play a variety of games and sports each week in **STAR Basketball**, **STAR Flag Football**, **STAR Gym Games**, **STAR Golf**, **STAR Turf Field Games** and **STAR Virtual Games**.



Stay Connected!

Sign up for the STAR email newsletter for the latest updates on trips, events and more. Scan the code to sign up or visit ssprd.org/Newsletter-Signup.



LET'S CELEBRATE YOU!

Choose how to enjoy your special day with unique birthday packages at locations across South Suburban. Planning your celebration with us is a piece of cake!

Art Parties

Celebrate your birthday with a creative twist! Art parties for kids or adults include a room and art activity instruction. Choose from dance, clay, painting, cupcake decorating, theatre or the Creativity Lab.

Colorado Journey Mini Golf

Explore the wonders of Colorful Colorado and make your birthday a hole-in-one. Choose from a variety of mini golf party packages including 18 holes, a reserved party area and more.

County Line BMX

Riders, get ready to race! Hit the track with an adventurous BMX birthday party, including exclusive track access and a sheltered picnic table area for festivities.

Esports & Gaming

Show off your skills with a gaming party at South Suburban's Esports Lounges! Play your choice of over 250 games on professional gaming computers with headsets and gaming chairs, or on today's most popular gaming consoles. We also offer a virtual reality add-on!

Family Sports Center

There's something for everyone at a Family Sports Center party, from ice skating and laser tag to bumper cars and a rock climbing wall.

Gymnastics

Have a blast at a fun and energetic gymnastics party! Enjoy the obstacle course, foam pit, trampoline, parachute activities and games.

Nature

Calling all explorers! Celebrate in the great outdoors with a nature birthday party, including naturalist-guided programs on creepy crawlies, river treasures, geocaching, fairy parties and more.

Pool Parties

Make a splash on your special day! Pool parties are available year-round at Buck or Lone Tree's indoor pools, or plan a summer party at Cook Creek Pool.

Sports Complex

Lace up your skates or cleats and get ready to have some fun! Choose from ice, turf field or basketball court party packages, including party room space.

Tennis

Ace your special day with a tennis party, great for guests of all ages and abilities. Enjoy a court rental, instruction from a tennis pro, and food and beverage options.

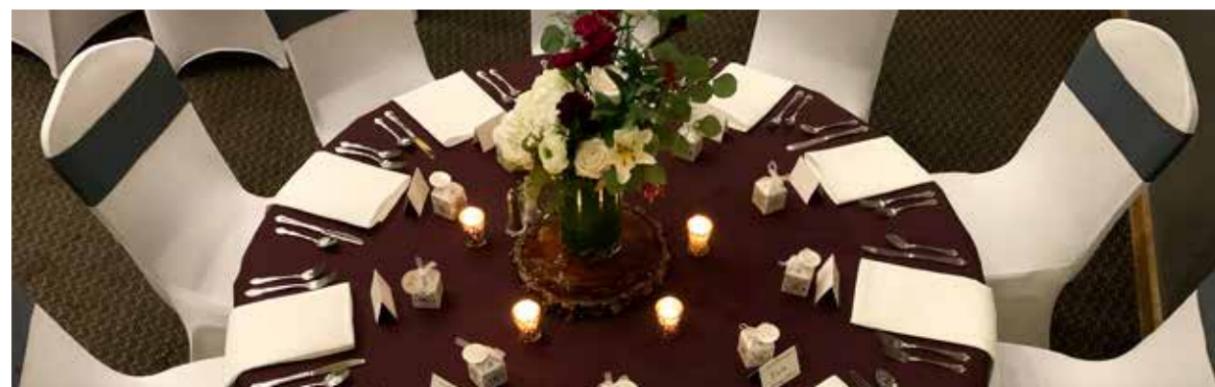
Learn more at ssprd.org/birthdays





All Cheer, No Mess or Stress
Celebrate the Holidays at South Suburban!

**To learn more or book,
visit ssprd.org**



Leave the planning and clean up to us this holiday season. South Suburban has the perfect space for your holiday celebration! Six venues, spanning from Littleton to Lone Tree, cater to the most intimate gathering or larger lively groups. Our experienced staff will help make the process as seamless as possible and ensure you and your guests enjoy every moment.

Choose from a variety of venues:

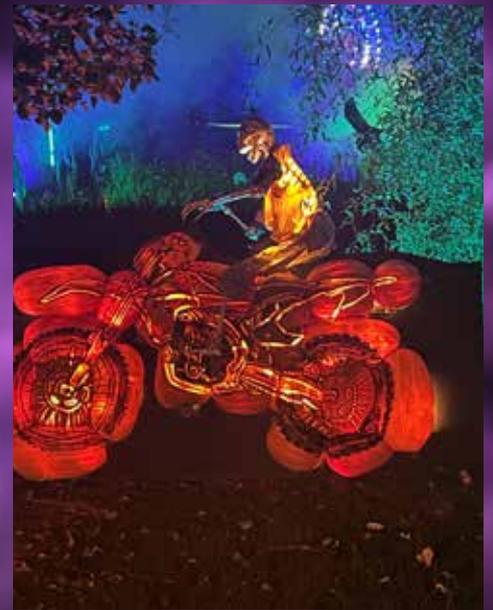
- Family Sports Center
- Littleton Golf and Tennis
- Lone Tree Golf Club & Hotel
- South Suburban Golf Course
- South Suburban Sports Complex
- The Hudson Gardens & Event Center



4810 East County Line Road
Littleton, CO 80126

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